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*Homemade
Boule* page 54



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editor's note

October/November 2015



Birds of a Feather

I live on a farm where it's not unusual for a stray dog or cat to wander in from the woods every now and then. These homeless animals are always welcomed. They immediately get folded into our family of creatures, which includes multiple dogs and cats, a herd of cows, a flock of chickens and two rescue horses. After living in the country for over 15 years, I'm no longer surprised to have strays show up like this.

But I was amazed the other day when a guinea hen wandered up to the house. This little bird was trying her hardest to make friends with my chickens, who wanted absolutely nothing to do with her. The backyard drama of rejection reminded me of a schoolyard where a child who's a little different is ostracized.

Unfortunately, many people with celiac disease and food allergies are familiar with the feeling. With Halloween and Thanksgiving almost here, there are plenty of occasions where eating differences can become uncomfortable...or worse. That's why this issue brings you dozens of solution-focused suggestions. Check out "Trade In & Trade Up" for candies and treats for safer trick or treating. Turn to "A Slice of Heaven" for delicious ready-made pies and crusts for your holiday dessert. (Believe me. No one will suspect these brands are free of gluten and many of the top 8 allergens.) Take a look at "Holiday Hot Spots" to help spot—and correct—the potential pitfalls in your Thanksgiving meal.

And speaking of Thanksgiving, we show you how to spatchcock a turkey for your quickest and juiciest roasted bird ever. Don't miss our step-by-step guide, as well as the delicious holiday dishes and other great recipes throughout these pages.

Guinea hens are noted for their unique cries. They have a repertoire of amazing sounds that range from musical cooing to loud, raucous screeches. In between is a sweet little sound, which this guinea (now named Ginny) would emit during each of the hundred of times she approached one of the chickens in a hopeful appeal for friendship. Over a period of two weeks, the chickens would cruelly chase her away, then shun her, then tolerate her. Gradually, they grew accustomed to her "different-ness" and now they are beginning to let her eat with them during the day and roost with them at night. I can see it won't be long until they've forgotten she's not exactly like them. Then they'll all be what they really are, which is birds—one big, happy flock.

Alicia

Alicia Woodward
Editor-in-Chief



Ginny the Guinea loves
gluten-free Cheerios.

Our Recipe Pledge

Gluten Free & More strives to be your leading resource for a delicious life, lived well. Our recipes, created by chefs who are special-diet experts, are 100 percent gluten-free. Ingredient substitutions are provided for common food allergens like dairy, egg (recipe permitting), peanut, soy and tree nuts.

Join the fun at our Gluten-Free Food Allergy FESTs. We may be coming to a city near you! For information, turn to page 73 and visit GlutenFreeFoodAllergyFest.com.



“
One of the best
pork dishes I’ve
ever had.”

Dinner & Done!

We made your gluten-free Citrus Ginger Grilled Pork Tenderloin with Citrus Glaze (“Dinner & Done,” August/September issue) tonight for dinner. One of the best pork dishes I’ve ever had. Instead of the polenta (not my favorite), we had basmati rice cooked in beef broth with chopped fresh parsley. Can’t wait for tomorrow’s stir-fry!

Tim S.
Redford, MI

A Good Read

I truly love this magazine. I forget about it throughout the year, so it’s a lovely surprise when I pull it out of my mailbox. I section off a whole part of my Saturday just to sit down and read through it from cover to cover. Thank you for that!

Lamanda G.
Elgin, SC

First-Class Job

First of all and most important, I LOVE your magazine! I’ve been with you a very long time. I was finally diagnosed in 1997 after many miserable years with multiple food problems. Your magazine was so very welcome because there wasn’t much available then. And the magazine went beyond articles and recipes—it helped those of us struggling at the time by providing much needed information. Just want to say thank you so much for a first-class job and continuing to raise the bar for yourselves to benefit your readers.

Judy R.
Chicago, IL

GF Walmart

I was excited to read that Walmart now has gluten-free items. I went to the store and after asking two clerks, I was told I needed to look for the items. There was no gluten-free section. It was very frustrating. I wanted to pass this information along.

Pixie K.
Joliet, IL

Editor’s note: We were impressed by the amount of positive responses to our blog post about Walmart’s new certified gluten-free bakery goods—blueberry muffins, cookies and brownies. If you visit walmart.com, you can type in your zip code to find the Walmart near you that carries these new items. They’ll be located in Walmart’s bakery section, not with the other gluten-free Walmart brand items.

Easier Cooking

I want to commend your April/May issue. I read it from cover to cover. This is your best issue yet. I’ve made nearly every recipe in the magazine and they’re all tasty and easy to make. As a nurse practitioner and a Celiac Disease Foundation support group leader, I’m adding a recommendation to patients and group attendees that they purchase

your magazine to help them cook more easily. We’re also adding your information to our booklet, *Living with Celiac Disease in Bakersfield*, and to our website, bakersfieldceliacs.com. Keep up the good work.

Blanche G.
Bakersfield, CA

The Power of Flour

Thank you so much for your excellent Flour Power guide online. I’ve been baking gluten-free for two years and I have my favorite recipes that I’ve perfected through trial and error. I love *Gluten Free & More* magazine. I can always count on a new recipe coming out perfect the first time!

Mary S.
via email

Gluten-Free Is Expensive

I just found out in April that I have celiac disease and I am discovering how expensive it is. I am the only one working right now, so this diet is hard to afford.

Julie K.
Hitterdal, MN

Editor’s note: We hear you. There’s always sticker shock after a celiac diagnosis. That’s why we go out of our way to bring you value for your dollar. As we go to print, for example, we’re blogging about finding great GF deals at your neighborhood dollar store. Check out more money-saving tips at GlutenFreeAndMore.com/save.

We Want to Hear from You!



Contact us at editor@GlutenFreeAndMore.com or write to us at *Gluten Free & More*, Belvoir Media Group, LLC, 535 Connecticut Avenue, Norwalk, CT 06854-1713. Visit us on Facebook at *Gluten Free and More Magazine*. Follow us on Twitter at @GlutenFreeMore. Check us out on Instagram at @MyLifeWithFoodAllergies and our product review hashtag #WhatsInOurMailbox.

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Q Busy? Overscheduled? Is breakfast an issue?

Mornings can be hectic. Sometimes we're out the door with no time to eat. So we asked you, "How do you cope with busy mornings at your house? What do you do to solve your breakfast dilemma?" Here's what you told us.

- I leave my house at 6:00 am on work-days, so breakfast is always grab-and-go and eaten at my desk. Overnight oats have been my saving grace. They take 30 seconds to prepare the night before. They're filling, healthy and can be dressed up with whatever fruit, seeds or nuts I have around.

**Sally,
Salem, MA**

- Most mornings, I blend up a simple protein shake—water, banana, chia seeds, a scoop of protein powder and a few ice cubes. I vary it by adding greens or additional fruit.

**Jan S.
St George, UT**

| Our Favorite |

“Sunday evenings, I bake eggs and some veggies in a cupcake pan and then freeze them for reheating during the coming week.”

**Olivia P.
Austin, TX**

- I keep a box of Bakery on Main's Strawberry Shortcake Oatmeal at my desk so I can sit down and enjoy breakfast like a normal person.

**Kristen D.
Lindenhurst, NY**

- I was 79 years old when diagnosed with celiac disease. It may be true that teaching old dogs new tricks is tough! In the past, my favorite breakfast was Shredded Wheat with milk. Now it's Bakery on Main. Their cereals are crunchy, satisfying and gluten-free.

**Shirley W.
Petaluma, CA**

- On weekends, I hard-boil eggs and cook bacon to have on hand. I also bake gluten-free pumpkin or corn muffins and freeze them. If I remember, I remove one from the freezer the night before. But I usually forget, so I microwave it for 10 to 15 seconds and I'm out the door.

**Kathy F.
Durham, NC**



Our congrats to Olivia P. She receives a free gift basket (\$150 value) of breakfast products from Bakery on Main.

➤ I prepare a large batch of King Arthur Flour gluten-free pancakes made with Earth Balance instead of butter and hemp or almond milk in place of cow's milk. I mix in walnuts for me, blueberries for my husband and Enjoy Life Foods' dairy-free chocolate chips for my children. I freeze them all in separate bags so they're ready to heat in the microwave on busy mornings.

Beth S.
Alexandria, VA

➤ Yogurt is my go-to, have-no-time-for-breakfast food. I buy mine gluten-free and with live active cultures and then top it with a handful of Bakery On Main's granola.

Juliana P.
Glastonbury, CT

| Next Question |

How do you support your immune health?

Keeping your immune system healthy is crucial any time of year. With back-to-school season in full swing and the holidays quickly approaching, what are your top tips for wellness? Share your story with us and you could receive a free basket (\$160 value) of gluten-free nutritional supplements from American Health and Ester-C.



Write to
editor@GlutenFreeAndMore.com.
Subject: **Immune Health**

Sandra Beasley

Because of her allergies to eggs and dairy, many traditional Thanksgiving sides are off limits to award-winning poet Sandra Beasley ("The Museum of Tradition," page 98). She provides a safe option for herself and other guests whose needs might be overlooked. "My favorite dish is simple: a chop of potatoes, onions and peppers, with garlic cloves, rubbed in olive oil and curry powder and slow-roasted."



Kelly Brozyna

Cookbook author Kelly Brozyna is a busy mom of three young girls who have food allergies and sensitivities. Her recipes strive for simplicity because, she explains, "I don't love to cook. I love to eat!" In "Halloween Guide," page 32, Brozyna shares kid-favorite recipes for good-for-you treats, as well as tricks for holiday fun. "Everyone should be able to celebrate Halloween without worrying or feeling deprived."

Eve Becker

When associate editor Eve Becker ("Fast Track Celiac," page 12) met NASCAR driver Parker Kligerman, she was impressed by his drive to be a role model for children with celiac disease and gluten intolerance. "I strive to tell my kids to dream big and make a positive impact on the world," says Becker, who has a daughter with celiac disease. "Parker shows that there's open road ahead."



Tim Horel

Engineer by day and photographer by night, Tim Horel can often be spotted with a camera in one hand and a gluten-free cookie in another. "More than 15 years ago, I broke both elbows due to premature osteoporosis," says Horel, who shot our cover, as well as the food images in "Tailgate Party" and "A Simpler Thanksgiving." "The condition has since reversed after strict adherence to the gluten-free diet."

FAST-TRACK Celiac

Gluten-free awareness is off to the races

The appeal of NASCAR racing is the squeal of tires, bumper-to-bumper battles and speeds of up to 200 miles an hour. This fast-action sport isn't usually linked with gluten-free living.

Now racecar driver Parker Kligerman and the Gluten Intolerance Group want to change that. They're recruiting sponsors for a gluten-free awareness car that would showcase gluten-free foods and the benefits of living gluten-free. They want to spread awareness of celiac disease and gluten sensitivity to 75 million NASCAR fans, putting celiac on the fast track.

Full Throttle for Celiac

Parker Kligerman, 24, wants to be the gluten-free face of NASCAR. He's raced on several different NASCAR circuits, including the highest-level Sprint Cup Series. It hasn't always been easy for Kligerman, who was diagnosed with celiac disease in 2010 after years of gastrointestinal problems.

"In middle school, in high school, as a young adult, I was constantly fighting stomach issues. I couldn't figure out the reason. Nothing I did was making a difference," he says. "In 2009 and into 2010, it was getting to where my head would be clogged and I couldn't make decisions quickly. For a racecar driver, that's a bad thing."

To solve the problem, he developed a strategy: Stop eating.

"I would not eat the entire weekend I raced, because I knew that if I ate, I'd get sick."

When a fellow racecar driver recommended he get tested for celiac disease, Kligerman immediately cut out gluten.

"I woke up five to seven days later and it was like a cloud had lifted. My whole world changed. I had all this energy. Suddenly I was like, 'Oh my God, this is the answer.'"

Based on his symptoms, Kligerman's doctor diagnosed him with celiac disease. He didn't

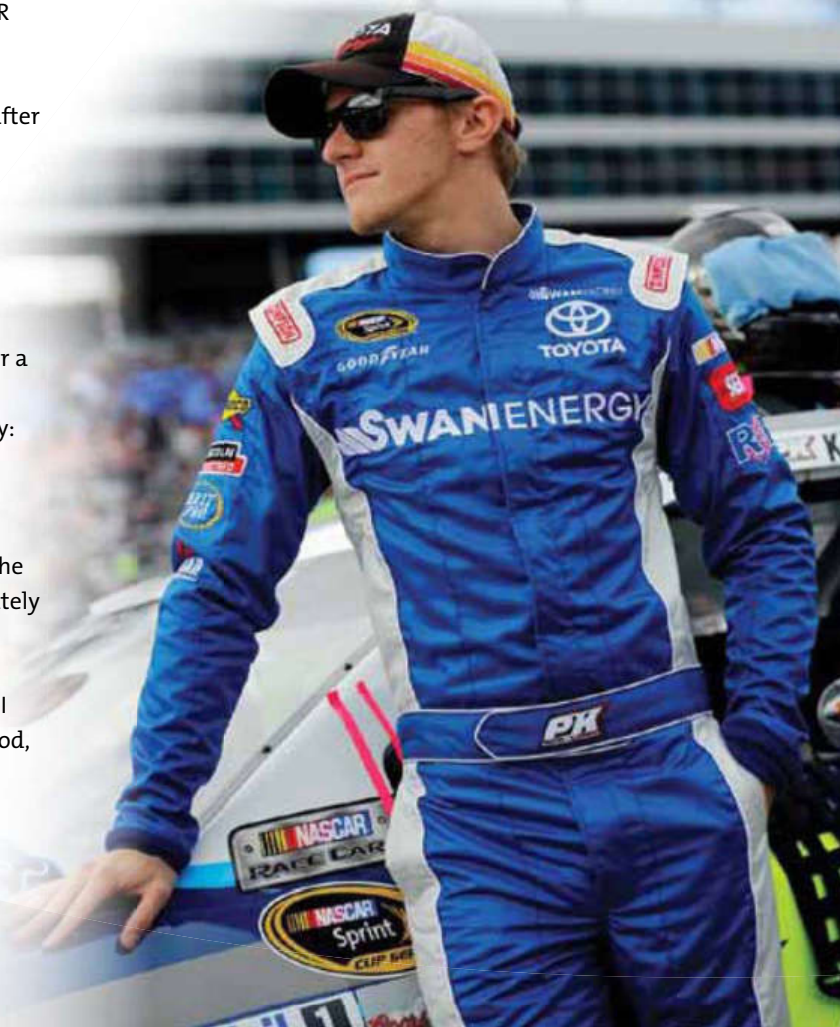
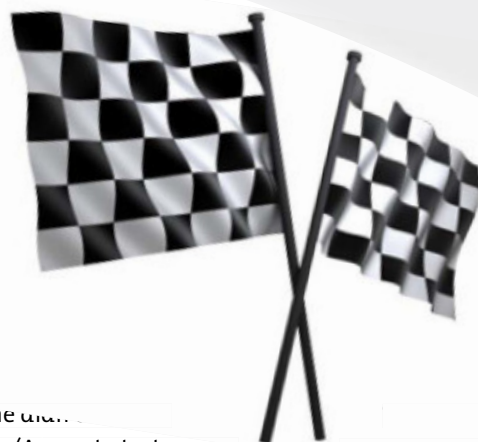


PHOTO COURTESY OF GIG



undergo a blood test because he didn't want to reintroduce gluten into his diet. (Accurate test results require that you be on a gluten-containing diet for a period of time.)

"The most amazing part when I went gluten-free was my energy level," Kligerman says. "I started working out more. My body kind of transformed, in terms of being more muscular, looking more healthy. Overall my appearance, my feeling inside of myself and my energy level changed overnight. Ever since, I'm not the kid who's always sick. I'm now the kid who's full of energy and never sleeps. For the past five-plus years, I've had all this energy that I didn't have for the first 18 years of my life!"

Link with GIG

GIG's vice president of development, Chris Rich, is working with Kligerman to solicit companies to sponsor the gluten-free awareness car and to put horsepower under the campaign's hood. His vision: A celiac driver driving a gluten-free racecar.

The relationship between the two men started when Rich was watching the Daytona 500 with his then 12-year-old celiac son. In an attempt to engage the boy, who had his head buried in his iPod, Rich googled "celiac" and "NASCAR" and discovered that driver Kligerman had celiac disease.

"So I sent a Tweet over to Parker and his team sent a Tweet back saying, 'Glad to have a new fan.' I showed that message to my son—and that was it. He watched the whole race," Rich says.

Rich sent a thank-you letter to Kligerman and the two men started talking. Together, they came up with the idea of a gluten-free racecar.

to show celiac kids that they're not alone, others out there just like them," Rich says. "We want to give them a focal point where they can say, 'I can do that, too.'"

“
The most amazing part
when I went gluten-free
was my energy level.”

Just as Kligerman found out about celiac from another driver, he hopes to educate legions of NASCAR fans about celiac disease and gluten sensitivity. He also wants to introduce them to good gluten-free products.

"We want to bring gluten-free awareness to a larger public and show that being celiac or being gluten sensitive doesn't mean sacrificing quality of life and doesn't mean sacrificing quality of products," Kligerman says.

Sponsors are a big deal for NASCAR fans. Thirty-six percent of NASCAR fans can name every sponsor of the top 30 ranked cars, according to statisticsbrain.com. Rich would like the gluten-free awareness car to be emblazoned with logos from gluten-free companies.

GIG and Kligerman hope to have sponsors offer samples of gluten-free foods at racing events, so fans can try the food, realize gluten-free products can taste great and think about whether going gluten-free could help their health.

"We want to get gluten-free products into the hands of people who don't know about them or how good they are," says Kligerman. "And we want to bring awareness to people who might not realize they should be gluten-free. It might be a lifestyle change that will make them feel better."

Associate editor Eve Becker blogs on glutenfreenosh.com. She lives in Chicago.

We've Got "Issues"

Irreverent solutions to your *real life* allergy & sensitivity drama

Dear Issues,

| Ciao, Italia! |

Help! I would like to take a trip to Italy next year but I don't know what I'm going to eat. I am intolerant to gluten and dairy and have a slight peanut issue. I rarely eat out here in the States. How will I ever eat safely in a country where I don't even speak the language? I want to enjoy the trip, not get sick.

*Signed,
Hungry Traveler*



PHOTO BY OKSANA CHARLA

Dear Hungry,

I feel for you, my friend. Before my celiac diagnosis, I had no qualms about traveling the world and eating whatever, wherever, whenever. Now? Well, sometimes it can suck—but it doesn't have to! Especially in Italy, where they've got a lot of gluten savvy.

Italy is one of the safest places to eat for those with gluten issues. There are ridiculously delicious substitutions in every mama's kitchen. Fresh pastas are made gluten-free, as well as gluten-free fresh-baked breads and breakfast treats. I just heard someone had a gluten-free croissant in Italy and, wow, am I jealous! The Italian population has known about celiac disease for decades and they routinely test for celiac first, instead of waiting to rule out all the possibilities. These food-loving people are in the know and you should have very few problems

navigating the gluten-free diet on your vacation. Of course, you should travel with a gluten-free dining card in Italian so nothing gets lost in translation.

But there are other issues you have to deal with. Let's tackle dairy first since Italians are known for some killer cheese (in your case, literally). Depending on where you're traveling, you could be able to breeze through dinner without gluten OR dairy. Olive oil is a staple in the southern parts of Italy; butter and cream sauces are not commonly used. Stick to the charcuterie and vegetables during appetizers and small plate time and you should be eating well and safely.

As for that peanut issue, you should be able to safely avoid peanuts if you're careful. Unlike America, Rome is not known for its passion for peanuts (or tree nuts, for that matter). I have a friend who just traveled overseas with

her peanut-allergic son. They had a wonderful time and made it back to the States unscathed. You can do it, too!

As with your gluten and dairy issues, just make sure you speak with the chef and the wait staff the minute you sit down. Pull out your dining card and add the Italian words for "dairy" and "peanuts." And I'm assuming you have at least two Epi-Pens with you at all times in case something does sneak in, yes? Good!

Although Italy is a pretty great place for the allergic, you have to prepare for vacations as if you're about to hibernate for the winter. That means gather up a good stash of food. You don't want to be stuck with nothing to eat as you drive through the lush countryside, miles away from anything safe. Whether you mail yourself a box of gluten-, dairy- and peanut-free

LACE BACKGROUND IMAGE ©ISTOCK/THINKSTOCK

snacks ahead of time or pack them in your carry-on, bringing your own food is a must. There will be times when the day gets away from you and you find yourself hungry and lost. A safe protein bar or two will sustain you until you find a big bowl of gluten-free spaghetti with your name on it. Which will totally happen. I'm drooling right now, just thinking of fresh gluten-free pasta with olive oil, garlic and Roma tomatoes.... Can I come with you?

| Play It Safe |

Dear Issues,

I've been gluten-free for three years and dairy-free for six. I also have allergies to tomatoes, bananas and beans. I'm having issues finding the right skin care products without any of these ingredients. I don't know what to put on my face or arms!

*Signed,
Allergic for Life*

Dear Allergic,

No gluten, no dairy. No tomatoes, bananas or beans either? I've got some good news for you regarding skin care: You're going to find more face creams, body lotions, makeup, sunscreen and anything else to slather on your skin than you can shake a cans of beans at.

Dairy is a clearly marked—and kind of rare—ingredient in skin care products. Tomatoes, bananas and beans are even more rare. It's that pesky gluten that's most likely to ruin your morning routine. But there's good news on that front, too.

Researchers have shown that the gluten molecule is too large to permeate an intact skin barrier and, therefore, it should pose no health risk. Still, many celiacs and non-celiac gluten sensitive

folks choose to avoid topical gluten, just in case it might enter their body or irritate their skin.

In the past few years, we've happily seen the rise of gluten-free makeup manufacturers, like Red Apple Lipstick, which makes everything from lipsticks to eyeliners gluten-free. You can't go wrong with Red Apple—it's also vegan and allergy-friendly. But there are others. JASON offers a certified gluten-free line (skin lotions, shampoo, conditioner, cleansers, hand soaps) that's allergy-friendly. Check out the "Gluten Free" tab on jason-personalcare.com and go shopping. A new kid on the block, Juice Beauty not only offers certified gluten-free makeup, skin and body lotions, acne cream and aging treatments, it's also organic. And brands like Everclen and 100% Pure sell wonderful personal care products that are safe for those with gluten issues.

Remember, formulas and ingredients can and do change, so read labels before you buy. You can check for safe manufacturing practices (no cross contact) by reading manufacturing statements on company websites or product inserts.

Happy moisturizing!

**Share your
special-diet drama
with us.**

Write to:

editor@GlutenFreeAndMore.com.

Subject: **We've Got Issues.**

April Peveteaux (glutenismybitch.com) is author of Gluten Is My Bitch: Rants, Recipes and Ridiculousness for the Gluten-Free (Stewart, Tabori & Chang) and The Gluten Free Cheat Sheet (Penguin Group).

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A Slice of Heaven

Hungry for pie? Here's what's cooking at your supermarket and online.

The holidays are full of food, so they're often full of stress. Don't you wish navigating the season could be easy as pie—especially when it comes to pie? We all deserve dessert! Fortunately, there are some delicious gluten-free, allergy-friendly pies, pie shells and crust mixes on the shelves and in the freezer sections of many supermarkets and online. We gathered up all the choices we could locate on the national market and sampled every single one of them. (We love our job!)

Here are our favorites—the best-of-the-best pies, crusts and mixes—listed in order of preparation effort.



EASY DOES IT

For the least effort and quickest prep, try a frozen gluten-free pie. Just pop it in the oven and you'll have a safe, delicious pie to share (or not) at the holiday table.



Katz Gluten Free

Unexpected guests at the door? Katz frozen personal pies to the rescue! The 6-inch pies (\$7.99 each) come in pumpkin, apple, blueberry and cherry. Katz also offers an 8-inch family-size apple pie (\$12.49) that's gluten-free. The crust is made with a certified gluten-free flour blend of tapioca flour, white rice flour, sorghum flour and cornstarch. All are free of gluten, dairy, soy and nuts.

**katzglutenfree.com,
845-782-5307**

Pies contain eggs.



Whole Foods Market Gluten-Free Bakehouse Gluten Free Pie

These full-size frozen pies, available in apple, cherry, peach, pecan and pumpkin, are fully baked. Buttery crusts, made with a blend of sweet rice flour, tapioca starch, potato starch, cornstarch and rice flour, practically melt in your mouth. Flavor choices vary by season and store. \$12.99 per pie.

**wholefoodsmarket.com,
512-542-0878**

*Pies contain dairy & eggs.
Pecan pie contains nuts (pecans) and soy.*

UPPER CRUST

When it comes to pie, a premade crust puts you in the driver's seat. Your choice of pie looks and tastes like homemade without the hassle of a made-from-scratch crust. For a holiday-inspired filling, see our recipe for Pumpkin Butterscotch Pie (page 70) or go to GlutenFreeAndMore.com and search for pie.



Kinnikinnick Pie Crust

This frozen crust is sturdy, easy to use and yields a great-looking, great-tasting pie. Each package contains two traditional 8-inch crusts made with white rice flour, tapioca starch, cornstarch, potato starch and defatted soy flour. We found them at Whole Foods in the freezer section. \$4.99 for 2 crusts.

consumer.kinnikinnick.com,
877-503-4466

Crust contains egg and soy.



Mi-Del Gluten-Free Pie Crust

This cookie crust is shelf stable, so it's easy to stock up for the holidays. Available in Chocolate Snap, Graham Style and Ginger Snap (spicy!), it makes a unique and tasty pie. Handle with care; it's prone to crumble in transport and baking. \$4.79 each.

midelcookies.com,
201-843-8900

Made in a facility that processes milk and soy. Chocolate Snap and Ginger Snap contain eggs.



Whole Foods Market Gluten-Free Bakehouse Pie Crust

Whole Foods' Bakehouse brand not only offers fully-made pies, it makes gluten-free frozen pie crusts, too. Sold two per pack, crusts are made with sweet rice flour, tapioca starch, cornstarch and potato starch. \$7.99 for 2 crusts.

wholefoodsmarket.com,
512-542-0878

Crust contains dairy and eggs. Made in a facility that processes dairy, eggs, soy, peanuts and tree nuts.

Mina's Purely Divine Gluten-Free Tartlets

These pre-made shells are a smaller, more adorable way to get your pie fix. They're available in several sizes (1½ to 3 inches wide) and two flavors—Sweet Tartlet and Chocolate Dough Tartlet. Made with a mixture of rice flour, sorghum flour and teff flour and several starches (some organic), they're only available online. Sold in boxes of varying quantities. \$.25 to \$.77 per tartlet.

minasgf.com, 404-508-6222

Tartlets contain eggs.



Wholly Wholesome Gluten-Free Pie Shell

Made with brown rice flour, tapioca starch and potato starch, Wholly Wholesome's frozen crust is free of gluten and the top 8 allergens. This crust is very stable—less flaky, not crumbly—and stays sturdy when sliced. Its neutral flavor allows the pie filling to shine. Certified vegan, certified gluten-free and produced in a gluten-, dairy-, egg-, soy- and nut-free facility. \$5.99 for 2 crusts.

whollywholesome.com, 800-247-6580



Specialty Mixes

Something Nutty

Made with almond meal, **Authentic Foods' Pie Crust Mix** is a nice complement to pumpkin cheesecake. It calls for an egg yolk, cream (or dairy-free substitute) and butter or shortening. \$5.25 a box (makes 1 crust). authenticfoods.com, 800-806-4737

Mix contains nuts (almonds)

Dream of Beans

Free from gluten, the top 8 allergens, corn, rice and yeast, **Breads from Anna's Pie Crust Mix** contains ancient grains (millet and chia flours) and bean flours (chickpea, pinto bean, navy bean), making this the most protein-rich crust we sampled. The dough is easy to work. The crust has a nice flavor (barely a hint of "beany"). \$5.99 online (makes two 9-inch crusts).

breadsfromanna.com,
877-354-3886

Contains Cassava

Cassava flour, unmodified potato starch and organic coconut flour make up **XO Baking Company's Pie Crust Mix**. All you add is unsalted butter (or dairy-free alternative) and ice water. Certified gluten free, this mix is free from the top 8 food allergens and rice. Non GMO Project Verified and produced in a dedicated gluten-free, allergy-friendly facility. \$8.29 online (makes two 9-inch crusts). xobakingco.com, 844-962-2546



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must haves



IN THE MIX

Feel like getting a little dirty in the kitchen but don't want to go through the effort of making your own flour blend? Try these pie crust mixes to create an almost-from-scratch holiday pie.

Bob's Red Mill Gluten-Free Pie Crust Mix

Introduced just a few years ago, this pie crust mix is a tasty addition to Bob's gluten-free line and is available in most natural food stores. It contains rice flour, potato starch, tapioca flour and rice bran. You need only butter, shortening and ice water to create a delicious crust. The dough is easy to work. \$4.39 per package (makes 2 crusts).

bobsredmill.com,
800-349-2173

Made in a facility that processes tree nuts and soy.

Gluten Free Mama's Pie Crust Mix

This certified gluten-free mix yields two beautiful, golden-brown pie crusts. Made with white rice flour, tapioca flour, potato starch, coconut flour and sweet rice flour, the mix calls for butter, shortening, an egg and cold water with suggested substitute for egg and dairy. Available online. \$5.99 per package (makes 2 crusts).

glutenfreemama.com,
402-423-1234

Always read labels carefully. Manufacturers can change ingredients without warning. Not every product sold by every company listed is gluten-free or allergy-friendly. When in doubt, confirm ingredients directly with the manufacturer.

Glutino Gluten Free Pantry Perfect Pie Crust

Although Glutino is a big name in the gluten-free world, we had to work hard to find this mix. You'll have an easier time if you order online. This certified gluten-free, Non GMO Project Verified mix contains brown rice flour, potato starch and tapioca starch. It requires butter, eggs and vinegar (with substitutes suggested). The dough is fragile to handle but it makes a very flaky, tender crust, even when we used a butter alternative and egg substitute. \$5.49 per box (makes four 8-inch crusts).

glutino.com,
201-421-3970

Mix may contain soy.

Managing editor Erica Dermer (edermer@glutenfreeandmore.com) is author of Celiac and the Beast: A Love Story Between a Gluten-Free Girl, Her Genes and a Broken Digestive Tract.



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We've created the perfect gluten-free pasta that tastes the way real pasta should taste with delicious flavor, the right texture and no worries. Living Now® Pastas are made with a simple and wholesome combination of organic quinoa, amaranth, and rice and are made without wheat, corn, and other common allergens. Our Macaroni, Spaghetti, and Penne Pastas are produced in a dedicated allergy-friendly facility, so you can rest easy knowing your new favorite pasta is not only safe, but good for you and your family as well.

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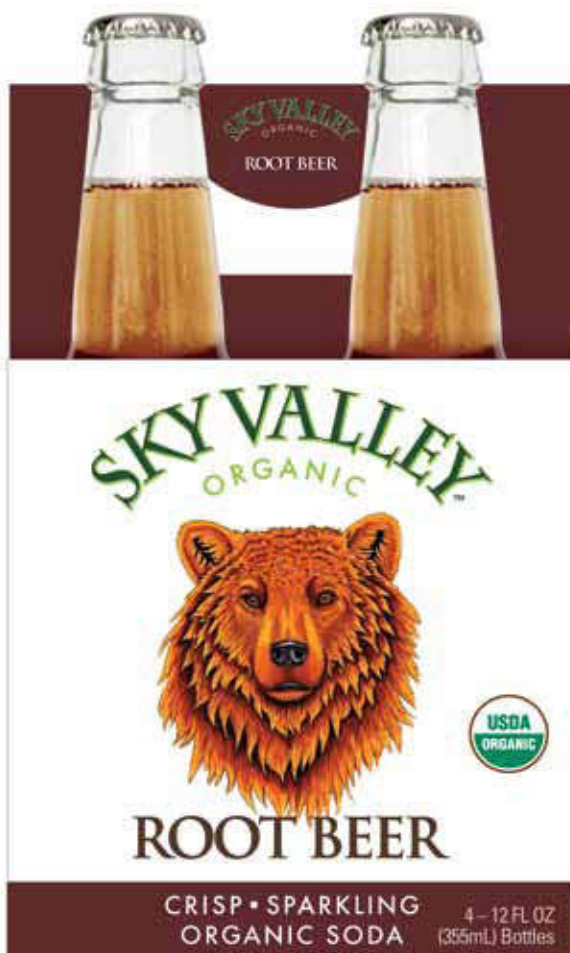
Don't Miss This!

Bubbling With Flavor ►

We think that sparkling drinks are the cat's meow. That's why we're fizzling with excitement over OrganicVille's new Sky Valley Organic Sodas. These thirst-quenching beverages come in eight amazing flavors, from green apple and Concord grape to root beer and honey green tea elderflower. The secret ingredient in most of the drinks is vinegar. (We wouldn't have ever tried sodas made with balsamic vinegar until we sipped on these.)

Non-GMO, organic, gluten-free and dairy-free, this soda is available exclusively at Whole Foods at \$6.99 a pack.

organicvillefoods.com,
434-688-3106



▲ GF Fig Bars

Nature's Bakery has re-worked its popular wheat-based fig bars into Gluten Free Fig Bars, wonderful cookies made with a blend of ancient grains (sorghum, teff and amaranth flours). Available in fig, blueberry, pomegranate and raspberry, these bars are chewy goodness packed with fruit. Quite the hit even with our non-gluten-free tasters. Each box (\$7.19) has 6 packs, with two small bars in each pack. No high fructose corn syrup, artificial flavors or colors. Non GMO Project Verified, certified vegan and kosher.

naturesbakery.com, 775-883-2253



◀ Favorite Cheat Sheet

Our correspondent April Peveteaux ("We Have Issues," page 14) has released *The Gluten-Free Cheat Sheet: Go G-Free in 30 Days or Less*. It tackles gluten's myths and truths and helps you successfully navigate the pitfalls of gluten-free life, including restaurant menus. Here's a plan for your first 30 days off gluten, plus delicious recipes to make your life tastier. \$14.95

glutenismybitch.wordpress.com

► Avocado With Pop

LesserEvil's new Avocado-Licious Popcorn combines the flavor and benefits of avocado oil with America's favorite snack.

This popcorn is sprinkled with cold-pressed extra virgin avocado oil and organic coconut oil—delicious! The entire contents of a large bag were gone right after we opened it. \$3.99 in natural markets nationwide.

lesserevil.com, 203-529-3555

Produced in a facility that uses dairy ingredients.





▲ “Free From” Has Never Been Better

Enjoy Life Foods offers an exciting line of baking mixes made with ancient grains (millet, teff and buckwheat flours), as well as plant-based protein and probiotics. These tasty additions to Enjoy Life's impressive pantry of allergy-friendly products retail at \$8.49. Certified gluten-free, certified vegan, kosher, Halal certified, Non GMO Project Verified and free from the top 8 allergens.

enjoylifefoods.com, 888-50-ENJOY (36569)

Seeds of Success ►

RW Garcia's 3 Seed Crackers are a delicious marriage of cracker and tortilla chip. Available in Kale, Sweet Potato and Harvest (pumpkin and blue corn), they're made with flax, sesame and chia seeds. We never thought a kale-full cracker would inspire but this snack disappeared as fast as we could pass it out. The Harvest variety is destined to become a Thanksgiving favorite. Certified gluten-free and Non GMO Project Verified, they retail at \$5.99 a box.

rwgarcia.com, 408-287-4616



◀ Easy Squeeze-y Breakfast

We're seeing more foods for kiddos in tubes and pouches for easy on-the-go consumption. Now there's an adult-friendly pouch that's perfect for breakfast during rushed mornings, travel or adventure. Munk Packs offer gluten-free oats, flax and fruit in three tasty flavors—Apple Quinoa Cinnamon, Blueberry Acai Flax and Raspberry Coconut. These super-convenient squeeze packs are certified gluten-free, BPA-free and Non GMO Project Verified. Each is delicious and filling with 3 grams of fiber, yet just 100 calories or less. Available in 6-packs for \$14.99.

munkpack.com, 203-769-5005

Mock Rye's Time to Shine ►

Udi's latest product launch includes a larger version of its popular Gluten Free Rye Style Bread. The 16.3-ounce loaf, which retails at \$6.99, satisfies cravings for rye without any danger of gluten. Create a great Rueben sandwich with the taste of caraway seeds, dried garlic and onion—at last! Certified gluten-free, this bread is free of dairy, nuts and soy.

udisglutenfree.com,

201-421-3970

This product contains eggs.





◀ Top in Taste

Looking for great-tasting, good-for-you crackers to serve at your holiday gathering? Check out Dare Foods' line of Breton crackers. These certified gluten-free crackers capitalize on alternative proteins, with the two newest varieties (Black Bean with Onion & Garlic and White Bean with Salt & Pepper) using beans as their primary ingredient. They follow the launch of Herb & Garlic and Original with Flax crackers, which are made with lentils. These crackers are a bit fragile but their hearty flavor truly satisfies. Made in a nut-free, peanut-free facility, they retail for \$2.99 a box.

darefoods.com, 800-668-3273

This product contains soy and milk.

Product ingredients are subject to change. Read labels carefully.

When in doubt, confirm ingredients directly with the manufacturer.

Perfect Pumpkin Loaf ▶

Namaste's Organic Pumpkin Baking Mix contains organic pumpkin, cinnamon, nutmeg, cloves and a blend of sweet brown rice flour, brown rice flour and sorghum flour. You stir in two eggs (or egg replacement), water and oil for a delicious loaf. You can also make pumpkin muffins, cookies, cakes and pancakes with this versatile mix. Priced at \$12.79, it's available in some natural food stores and at amazon.com. Look for increased availability during fall baking season.

namastefoods.com, 866-258-9493



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Ask the Chef

"How do I remove too much cayenne pepper once it's already been added to a dish?"



Q Yikes! I recently used cayenne pepper instead of paprika in a chili recipe I was making for company. I caught myself before I added the full amount but it was still *very spicy*. I added plain yogurt and served it over plain rice. I didn't let on about the mishap and everyone liked the chili. But I wonder if there's a better way to fix a super-spicy dish.

A You did exactly what I would have done. The fiery chemical in hot chilis (capsaicin) likes to bind to a compound in milk, which neutralizes the burn. Adding a generous dollop of yogurt or sour cream to spicy-hot chili or stew or adding a touch of milk or cream to a spicy soup helps quell the fire. Full-fat dairy works best but shredded cheese also helps. If you can't tolerate dairy, a scoop of nut butter or seed butter will also help tame the flame. Or try adding more of the other ingredients in your recipe—broth, canned beans, potatoes, tomatoes, corn, avocado or coconut milk, for example. A smidge of sugar or honey or a little lemon juice or cider vinegar helps, too. Then serve your spicy dish over cooked rice or pasta, as you did, to neutralize the spiciness even more.



Food editor Beth Hillson answers your questions about special-diet baking

Q I've made gluten-free bread in my bread maker for many years, using a combination of flours (sorghum, millet and buckwheat) and starches (potato, tapioca and cornstarch). But I've recently eliminated all starches and grains from my diet and my bread-making is really suffering. I'm determined to come up with something that passes for bread using almond, coconut and garbanzo bean flours but no starches. I've been following a recipe from a book and trying some variations of

the "quick" cycle on my machine but the loaves are dense and flat. Is it possible to make grain-free breads in a bread machine?

A Great question. The flours you mention—almond, coconut and bean flours—should lend enough structure to your recipe to make a nice loaf in your bread machine. But try a couple of modifications. First, take a look at your quick cycle and make sure it's the appropriate setting. The traditional quick cycle usually includes a knead-and-rise period, not the best choice for this loaf. You want a quick cycle designed for quick breads (that is, recipes that are leavened with baking powder and baking soda, not yeast). Second, try adding 1 teaspoon baking powder and ½ teaspoon baking soda to the dry ingredients in your recipe. This additional leavening should help lift your loaf a bit so it isn't so flat.

Q My gluten-free cakes are flat and so dense. Is there any way to avoid this?

A Gluten-free baking can lead to dense baked goods. An excellent

gluten-free recipe should yield a cake that is light with some loft. Here's a checklist to help prevent this problem.

▶ **Make sure your leavening agents are fresh.** If your baking soda or baking powder isn't at optimal potency, your cake won't rise.

▶ **Preheat the oven—fully.** Use an oven thermometer to verify that your oven temp is on target and that it's warmed up completely.

▶ **Bring all your ingredients to room temperature.** This is often the key to a light and tender crumb, particularly when it comes to butter or a dairy-free butter substitute. (This doesn't apply if you're making a pie crust; follow your recipe instructions.)

▶ **Using oil as a dairy-free substitute for softened butter will impact your cake texture.** In this case, beat the eggs and oil with the sugar until the mixture is thick and light. (You're creating air bubbles to help give your cake an airier texture.) Then sift the flour blend and fold the blended dry ingredients into the egg mixture—very gently!

▶ **If you're using an egg replacement (not real eggs), your cake will often be denser.** Fold the dry ingredients into the liquids very gently. Don't over-mix the batter.

Q A recipe in your magazine calls for distilled white vinegar. Shouldn't it be apple cider vinegar? I thought we celiacs can't have distilled white vinegar.

A I'm glad you asked this question as it gives me a chance to play myth-buster. Many years ago, celiacs were told to avoid white vinegar as

it was made from grain alcohol. We were instructed to use cider vinegar, balsamic vinegar or red wine vinegar instead. In the last 15 years, however, that advice has changed. It turns out that Heinz white vinegar has always been distilled with corn alcohol (not wheat). This alone puts a range of condiments back on the table. But more importantly, food scientists now confirm that when vinegar is distilled, the gluten is removed. The gluten molecule doesn't pass through the distillation filters and so never makes

it into the final product. All vinegar is gluten-free—*except* malt vinegar and some specialty flavored vinegars. (A gluten-containing flavor can sometimes be added after the vinegar is distilled.) If you have concerns, check directly with the product manufacturer.

Q I love your magazine but I don't try many of your recipes for baked items because it's too arduous to make the flour blends.

A I know it's challenging to keep so many ingredients on hand. Our expert bakers use blends specifically tailored to their recipes in order to ensure consistent success. You can achieve fairly similar results using one of the commercial all-purpose gluten-free blends from companies like King Arthur Flour, Bob's Red Mill and others. Here's how: Total the quantity of flours and starches called for in the recipe and use that same amount of all-purpose blend. Then proceed with your recipe as instructed. This way, you can enjoy all our recipes and bake to your heart's content. Note that some commercial brands contain gum (xanthan or guar) and a few may also have salt. If so, don't add the gum and salt called for in your recipe.

HAVE A BAKING QUESTION?

Submit your question to
editor@GlutenFreeAndMore.com

Subject: Ask the Chef
or mail it to:

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535 Connecticut Avenue,
Norwalk, CT 06854-1713.

Include your full name, address and daytime phone number. Letters become the property of Belvoir Media Group, LLC and may be published in other media. Submissions chosen for publication may be edited for clarity and length.

Food editor **Beth Hillson** (bhillson@GlutenFreeAndMore.com) is a chef and cooking instructor. She is founder of Gluten-Free Pantry, one of the first gluten-free companies in the United States, and author of *Gluten-Free Makeovers* and *The Complete Guide to Living Well Gluten Free (Da Capo Lifelong)*.

Be risky with your recipes, not with your ingredients.

Courageous chefs, culinary explorers and those with a taste for adventure love San-J. As part of our commitment to the finest quality, our Asian Cooking Sauces and Tamari Soy Sauces are not only certified gluten free, they are now verified non GMO*. We use only pure, natural ingredients, and traditional methods in brewing Tamari, which we have faithfully followed for over 200 years. These may just be the best tasting and most versatile sauces in your kitchen. So take a chance, try something new, but never compromise on quality.



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Trade In & Trade Up

Here's the trick to safe trick or treating

I enjoy dressing up for Halloween but I admit I'm mostly in it for the candy. It's been that way ever since I was a kid. I used to love running house to house, stuffing pillowcases full of candy.

Grocery shelves piled with bagged candy still ignite excitement. But these days, I have to read ingredient labels carefully. Many mainstream candies either contain gluten and top allergens or they're produced on equipment that

processes products that contain these problem items. Figuring out what candy brands are safe is enough to give anyone a stomachache!

So we scoured the candy aisles and the Internet—and did enough taste-testing to make our dentist unhappy. We're excited to report a jackpot of delicious new choices for you and your little ghosts and goblins. Trade in gluten and top 8 food allergens and trade up to these safe products.



In the Bag!

Looking for safe Halloween treats? Check out these gluten-free, allergy-friendly companies.

Enjoy Life Foods

Enjoy Life Foods provides top 8 allergen-free foods, including Halloween-friendly Grab & Go packs of treats in smaller sizes, like crunchy cookies, Plentils lentil-based chips and Seed & Fruit mixes that replace the typical trail mix. Enjoy Life also has top 8-free BoomCHOCOboom chocolate bars in Dark Chocolate, Ricemilk Chocolate and Ricemilk Crunch. enjoylifefoods.com

Gimbal's

Gimbal's products are free from the top 8 allergens. They're also kosher pareve and made with no high fructose corn syrup. Their Gourmet Jelly Beans are made with real fruit juice and come in more than 41 fun flavors, like tiramisu, root beer, bubble gum and ice cream cake. Gimbal's also offers Sour Gourmet Jelly Beans, Sour Lovers (a product similar to Sour Patch Kids), as well as LavaBalls and Cinnamon Lovers for those who want a hot and spicy Halloween. gimbalscandy.com

Pascha Chocolate

Brand new Pascha Chocolate mini bars are adorable mini versions of Pascha's top 8-free, organic chocolate bars. Available in 55%, 70% and 85% cacao varieties, these small bars are perfect for Halloween and school lunches. paschachocolate.com

Not every product sold by every company listed is gluten-free or allergy-friendly. Read labels carefully. When in doubt, confirm ingredients directly with the manufacturer.



HALLOWEEN CANDY SWAP

TRADE IN	TRADE UP
<p>Reese's Peanut Butter Cups Reese's Peanut Butter Cups are gluten-free but contain dairy, peanuts and soy lecithin.* Reese's Minis and seasonal-shaped candy, including the Halloween pumpkins, aren't considered gluten-free.</p>	<p>Justin's Peanut Butter Cups are organic and certified gluten-free but contain dairy, nuts and soy. They come in resealable bags of individually wrapped cups for Halloween. Premium Chocolatiers' Peanut Cups are vegan with no gluten, dairy, peanuts, tree nuts or eggs. They contain soy protein. They're offered in pumpkin shapes for Halloween. Seth Ellis Chocolatier's Sun Cups, made with sunflower butter, are free of gluten (certified celiac-safe), egg, soy, peanuts and tree nuts. They contain dairy but a dairy-free version of dark chocolate Sun Cups is coming soon.</p>
<p>M&M's While only M&M's Pretzel and M&M's Crispy contain gluten, M&M's Raspberry, M&M's Dark Mint, M&M's Candy Corn and M&M's Mega carry a "may contain gluten" warning. The milk chocolate base in all M&M's contains milk and soy* and may contain peanuts. M&M's Peanut, M&M's Peanut Butter and M&M's Dark Chocolate Peanut contain peanuts and may have almonds, too. M&M's Almond may contain peanuts.</p>	<p>Premium Chocolatiers' Choco No No's are vegan alternatives to M&M's, made with all-natural flavors and colors. They have no gluten, dairy, peanuts, tree nuts or eggs. They do contain soy. Premium Chocolatiers' Peanut Butter No No's are vegan alternatives to M&M's Peanut Butter candies. They're gluten-free, nut-free and peanut-free. No dairy or eggs either.</p>
<p>Licorice Wheat flour is used in most licorice brands, including movie theater favorites like Red Vines, Twizzlers and Good & Plenty Licorice Candy.</p>	<p>Candy Tree offers tasty gluten-free licorice that's made with organic concentrated fruit juice. Gimbal's Fine Candies' Licorice Scottie Dogs are free from gluten, peanuts, tree nuts, soy, egg and dairy and contain no high fructose corn syrup. These dogs get their flavor from real licorice root and star anise. The Lovely Candy Company makes gluten-free-certified licorice in three flavors (original, cherry and strawberry). This licorice is soy-free, non-GMO and contains no high fructose corn syrup and no artificial ingredients.</p>
<p>Nestlé Crunch Full-size and Fun Size Nestlé Crunch contain gluten (barley malt). Although they don't have peanuts or nuts, they're processed on equipment that produces products that do. They also contain dairy and soy lecithin.*</p>	<p>SNAP! Candy Bars by Go Max Go Foods are certified gluten-free and vegan and contain no artificial or genetically modified ingredients. This product has a shared facility warning for dairy and it contains soy lecithin.* Enjoy Life Foods' BoomCHOCObloom Ricemilk Crunch bars are gluten-free and are free of the top 8 allergens.</p>
<p>Milky Way Milky Way (the original flavor) contains malted barley, along with milk, eggs and soy.* Milky Way Midnight and Milky Way Simply Caramel don't have barley but they do contain milk, eggs (Midnight only) and soy lecithin.* Seasonal Milky Way Caramel Apple Minis contain milk, eggs and soy.*</p>	<p>Buccaneer Candy Bar by Go Max Go Foods has dairy-free chocolate nougat in a rice-milk chocolate coating. This bar is certified gluten-free, vegan and contains no artificial or genetically modified ingredients. However, this product has a shared facility milk allergen warning and contains soy. Buccaneer's sister bar, the Twilight Candy Bar, contains dairy-free caramel and chocolate nougat in a rice-milk chocolate coating. This bar is also certified gluten-free, vegan and contains no artificial or genetically modified ingredients. However, Twilight has a shared facility milk allergen warning and contains soy.*</p>

*Contains soy lecithin. Most experts say that the soy content in soy lecithin is minimal and does not contain enough protein to cause a reaction for those allergic to soy. If you have sensitivity to soy lecithin, avoid these candies.

Managing editor Erica Dermer (edermer@glutenfreeandmore.com) is author of *Celiac and the Beast: A Love Story Between a Gluten-Free Girl, Her Genes and a Broken Digestive Tract*.

Smarties

Smarties are top 8 allergen-free, as well as gluten-free. They're manufactured in facilities that produce exclusively gluten-free candies. However, there are some products within the Smarties brand that aren't manufactured by Smarties Candy Company. According to the company website, look for UPC number "0 11206" on the product to be assured that it's gluten-free and manufactured in a facility that's gluten-free. smarties.com

Spangler Candy

Spangler Candy is known for its Halloween favorites—Dum Dums, Saf-T-Pops and Circus Peanuts. Spangler's ingredients, as well as its processing facilities, are free of the top 8 allergens. The company reports there's a trace amount of soy oil in the lubricant used in its cooking kettles but states that this oil has been refined, bleached and deodorized with troublesome proteins removed. spanglercandy.com

Surf Sweets

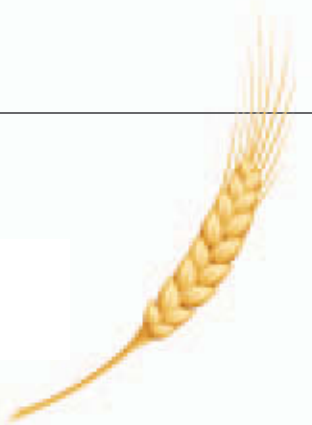
Surf Sweets creates delicious candy like Gummy Bears, Gummy Worms, Sour Berry Bears, Sour Worms, Peach Rings and Organic Jelly Beans. These are all made and packaged in a facility free of the top 8 allergens, as well as sesame and sulfites. The company reports it conducts random testing on finished products down to 5ppm of gluten and has yet to have a positive test result. Surf Sweets are made with natural colors and flavors and sweetened with organic fruit juice and sweeteners. No corn syrup. Most of the product line is vegan. surfsweets.com

YumEarth Organics

YumEarth produces Halloween-friendly candy like Organic Lollipops, Fruit Snacks, Gummy Bears, Sour Beans and Candy Drops. Products and manufacturing facilities are free of the top 8 allergens, as well as sesame. yumearth.com

Holiday Hot Spc

What's hiding in your meal?



A gorgeous roasted turkey on a Thanksgiving table crowded with delicious food is a sight to behold. But does the traditional menu that once made your mouth water now stress you out? Don't let gluten or food allergies ruin your Thanksgiving! Here are the common places where problem ingredients can hide in America's favorite feast—and tasty tips to help you savor Thanksgiving again.

The Appetizers

Simple fresh fruits and vegetables are a safe bet but watch out for the dip. Not only could it contain gluten or potential allergens, people may be dipping wheat-based crackers into it when you're not looking. There may also be gluten or other allergens in the toppings, fillers, sauces or dressing in those hors d'oeuvres. Watch out for utensils, too. The knife slicing the cheese or meat may have been used to cut a gluten-containing item first.

Try to be the first person to use the dip (spoon some onto your plate), bring your own personal dip or enjoy plain gluten-free chips by themselves. It's always a good idea to bring your own crackers and chips to a holiday gathering—but don't be surprised if your host takes them to pair with dip, cheese or meat mixtures you can't eat. Always read the labels, even on items that look simple, like a block of cheese or a log of sausage.

✓ The Turkey

Pure meat like turkey is naturally gluten-free but that doesn't guarantee your holiday bird is a safe bet. Self-basting turkeys can contain gluten and birds can be injected with brine with questionable ingredients. Watch out for pre-stuffed birds and turkeys that come with gravy packets. Always read the label.

Ask the cook to hold off on any spices and seasonings until you approve them. Fresh and unprocessed is the way to go—fresh herbs, lemon, garlic and other pure seasonings are naturally gluten-free.

If your request for a naturally seasoned turkey is ignored or your host insists on preparing the bird using a seasoning pack, sauce or gravy that's questionable, don't argue. Instead, make your own safe entrée. Roast a Cornish game hen or bake a small ham and bring it to the gathering. If there's space in your host's oven, bake it there. Be sure to cover it with foil to avoid any random crumbs in the oven.

✓ The Gravy

Gravy is a primary gluten-full suspect. If your family is game, provide an all-purpose gluten-free flour for the gravy.

If the cook is using broth in the gravy rather than just the turkey drippings, check the label; many commercial broths contain wheat. If your family won't budge on using safe ingredients for the gravy, secure your own gravy from outside sources and bring it to the meal. Gluten-free gravy is available from Pacific Foods, Road's End Organics (gravy mix) and McCormick (gravy mix).



✓ The Stuffing

If your family stuffs the holiday turkey with conventional bread dressing, that bird is no longer gluten-free. So you have two choices: Ask that the stuffing be baked separately (outside the turkey) or bring your own gluten-free stuffing mix and stuff the bird with it.

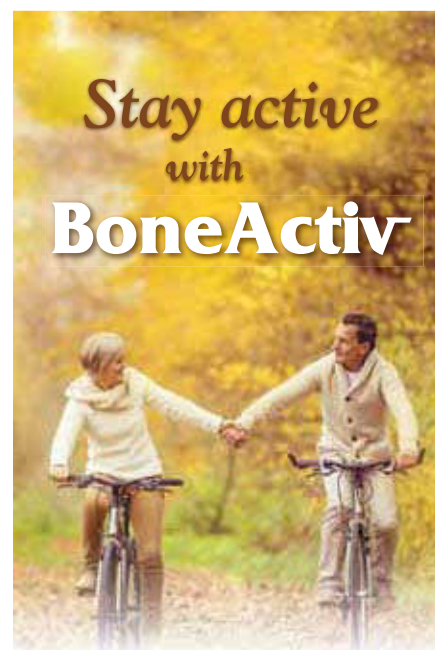
Thankfully, gluten-free stuffing is now fairly easy to find in many grocery stores around the holidays. Several manufacturers, like Glutino, Three Bakers and Whole Foods, offer a stuffing kit or bread/croutons that can be used for stuffing.

✓ The Green Bean Casserole

This holiday staple is often considered a lost cause by gluten-free folks. There's likely gluten in the cream of mushroom soup used in the filling and in the fried onions used as topping. Fortunately, there are packaged gluten-free substitutions for both the soup and the fried onions, but keep in mind your shipping timeline if these products aren't available in your area and you have to order them online. Check out Pacific Organic Cream of Mushroom Condensed Soup and Awesome Foods Onion Rings. For a fresh take on this casserole, see Green Bean Mushroom Sauté, page 67.

✓ The Mashed Potatoes

The traditional version of this beloved side dish is naturally gluten-free and it's simple—just potatoes, milk, butter and seasonings. If you can tolerate dairy, you should be in the clear as long as the butter is safe from cross contact and the spices are pure. If you can't tolerate dairy, ask for a separate bowl of plain cooked spuds and mix in your own dairy-free milk and dairy-free buttery spread to make an individual-size serving for yourself.



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how tos

✓ **The Sweet Potato Casserole**

The simple ingredients in the classic version of this dish—sweet potatoes, butter, marshmallows and spices—make it delicious and easy to make without gluten. However, it may still require a bit of inspecting. Some people place bread or saltines in their brown sugar to keep it fresh. If so, this brown sugar should not be in your casserole. The spices are likely gluten-free but double-check them for any fillers. Make sure the butter used is fresh and hasn't been cut with knives used for the dinner rolls. If you have a problem with dairy, this recipe is easy to recreate with a dairy-free buttery spread. If you're vegan, there are gluten-free vegan marshmallows (available from Dandies) that melt and turn crispy-brown just like marshmallows made with gelatin.

✓ **The Rolls**

Dinner rolls are an obvious gluten-full trouble spot. Yes, you can pass the breadbasket and not partake—but why feel deprived? Buy some gluten-free rolls from the grocery store (available from companies like Udi's, Rudi's and Schar) or bring homemade bread to share. (See Artisan Bread in 5 Minutes, page 54. Visit GlutenFree-AndMore.com for more bread recipes.) Butter your rolls with a fresh stick of butter and a clean knife. If you're worried about this, bring your own butter and use it for the duration of the meal. Alternatively, parcel out enough butter on your plate from a clean stick.



✓ **The Cranberry Sauce**

The simplest homemade cranberry sauce contains cranberries, sugar and water. If you add commercial spice blends, check the labels. Of course, commercial cranberry sauce is readily available and it's usually gluten-free. Again, read the labels and look for good manufacturing practices that prevent cross contact.

✓ **The Pumpkin Pie**

You've made it through the meal without mishap. Everyone is clearing plates and you're safe, right? Think again. Unless your family serves fruit salad for dessert, there's a high chance the dessert (pies, tarts, cakes, cookies) will contain gluten. If you're a celiac, don't be tempted to eat around the crust of your favorite pumpkin pie. You can choose to decline dessert or bring a homemade gluten-free pie to share. (See Pumpkin Butterscotch Pie, page 70. For readymade, see "A Slice of Heaven," page 16.) Don't let anyone put their gluten-full knife or fork into your safe dessert! Serve yourself first. And then set aside another "untouched" slice in a safe place, just in case you want seconds.



Pumpkin Butterscotch Pie recipe, page 70.

Managing editor Erica Dermer (edermer@glutenfreeandmore.com) is author of *Celiac and the Beast: A Love Story Between a Gluten-Free Girl, Her Genes and a Broken Digestive Tract*.

ILLUSTRATION OF BASKET WITH DINNER ROLLS © ROSIEN MACK/SHUTTERSTOCK; BUTTERSCOTCH PIE PHOTO BY TIM HOREL

The Harvest Stone logo is at the top, featuring a stylized leaf and the brand name. Below it, the text "Snack on something real" is written in a mix of red, orange, and green fonts. Three bags of Harvest Stone Crispy Mix are shown, each with a different flavor: Original, Bold, and Mesquite. Each bag is labeled "GLUTEN FREE". A small green badge at the bottom left of the bags says "CERTIFIED GLUTEN FREE".

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HALLOWEEN GUIDE

BY KELLY BROZYNA



**Survival tricks & delicious treats
for Halloween fun**

PHOTOGRAPHY BY KELLY BROZYNA

Halloween is one of my favorite times of year. My kids love choosing costumes, making crafts and enjoying all kinds of yummy treats. The fact that they can't eat gluten and dairy doesn't make Halloween a bit scary. They not only survive Halloween, they thrive!



Based on the ages and dietary needs of your little goblins, you can plan activities for Halloween that are safe and lots of fun. We do a different variation on these four basic ideas each year.

1. THE TEAL PUMPKIN PROJECT

This concept, promoted by FARE, made headway last year. To participate, paint a pumpkin teal and put it by your front door as a sign that you offer non-food treats for trick or treat. Instead of candy, give out stickers, temporary tattoos, bracelets, spider rings or spooky erasers. This is a wonderful way to show support for children who have severe food allergies. My kids have a blast with these little surprises.

2. GOOD TREATS

Grocery stores are getting smarter every year about offering better candy choices for trick or treating. Companies like YumEarth, Go Organic Candies and Gimbal's make lollipops and hard candy without high fructose corn syrup or artificial colors and flavors. Stores like Trader Joe's offer safer candy, such as individually wrapped honey mints made with only honey, chocolate liquor and oil of peppermint. My personal Halloween favorites are fair trade mini dark chocolate bars from Equal Exchange and Endangered Species; they're gluten-free, dairy-free and non-GMO.

3. CANDY SWAP

Make a game out of exchanging candy for money or prizes. We started candy swapping when the kids were very little and they still love doing this. Decide whether your children would prefer money (we give them 10 cents per piece of candy) or a prize (we often do craft store gift

certificates). The week before Halloween, we build excitement by telling our kids what we're going to give them. We talk about what they might buy with their money or gift certificates. Then we make a big deal about our day-after-Halloween shopping trip.

4. HALLOWEEN PARTY

Throw an allergy-friendly party. Keep it low-stress by planning ahead and offer simple, fun activities based on your child's age. Here are some party projects:

🎃 Have the kids trace a leaf pattern onto fall-colored construction paper. Cut out the shapes and use string to hang the leaves from a fallen branch at varying lengths to create leaf mobiles.

🎃 Ask the children to bring a leaf from their yard to the party. They can make rubbings of all the different leaves, using white paper and red, orange and yellow crayons.

🎃 Decorate a pumpkin. Provide each guest with a mini pumpkin or gourd. Give them craft paints, brushes and glitter to create their own unique painted pumpkins.

🎃 Have a pumpkin hunt. Hide miniature pumpkins around your house or yard and let the children collect them in their Halloween buckets. The child who finds the most wins a prize.

🎃 Decorate cupcakes. Give each child a plain gluten-free cupcake (See Harvest Cupcakes, page 34) and let them frost and sprinkle the tops to make their own personal cupcakes.

Treats are a big part of Halloween. The recipes on the following pages contain real-food ingredients and are low in sugar, perfect for kids of all ages.







Harvest Cupcakes

MAKES 17 CUPCAKES

These cupcakes contain a dose of good-for-you ingredients. Enjoy them frosted as a Halloween treat or skip the frosting and eat them as breakfast muffins. The eggs cannot be replaced in this recipe.


- $\frac{2}{3}$ cup coconut flour, sifted
- $\frac{1}{4}$ cup arrowroot powder
- 1 tablespoon ground cinnamon
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon ground allspice
- 5 eggs, room temperature
- 3 cups shredded carrots
- $\frac{1}{2}$ cup coconut milk (not coconut beverage)
- $\frac{1}{2}$ cup unsweetened applesauce, honey or combination
- $\frac{1}{4}$ cup melted coconut oil
- $\frac{1}{2}$ teaspoon vanilla liquid stevia*
- $\frac{1}{4}$ teaspoon fine sea salt
- 1 cup chopped walnuts, optional
- 1 cup raisins
-  Orange Frosting
-  Sprinkles, optional

1. Preheat oven to 350°F. Line 2 muffin pans with unbleached paper liners to make 17 cupcakes.
2. Place coconut flour, arrowroot powder, cinnamon, baking soda and allspice in a bowl and whisk to combine.
3. In a separate mixing bowl, place eggs, carrots, coconut milk, applesauce, coconut oil, stevia and salt. Mix ingredients with an electric mixer until combined.
4. Add dry ingredients to wet ingredients, mixing to combine. Stir in walnuts, if using, and raisins.
5. Using a large ($\frac{1}{2}$ cup) ice cream scoop with a lever, transfer batter to prepared muffin pan, filling 17 cups equally. (An ice cream scoop makes nice, rounded tops and is faster than using a spoon.)
6. Place cupcakes in preheated oven and bake until done, about 30 minutes. Remove from oven and let cool.
7. When cool, top with Orange Frosting and sprinkles, if desired.

Each cupcake without frosting contains 134 calories, 7g total fat, 5g saturated fat, 0g trans fat, 62mg cholesterol, 150mg sodium, 15g carbohydrate, 3g fiber, 8g sugars, 3g protein, 7 Est GL.

Orange Frosting

Goji berries are available at most health food stores and online. They provide nutrients and a natural orange coloring to this frosting.

- $\frac{1}{4}$ cup + 2 tablespoons goji berries
- $\frac{1}{4}$ cup + 2 tablespoons water
- 1 cup palm shortening
- $\frac{1}{2}$ cup honey
- $\frac{1}{3}$ cup coconut flour, sifted
- $\frac{1}{8}$ teaspoon vanilla liquid stevia
- $\frac{1}{8}$ teaspoon fine-grind sea salt
- 1 tablespoon coconut flour, sifted, as needed
-  Sprinkles, optional

1. Place goji berries and water in a small bowl. Let sit 20 minutes to soak berries.
2. Place palm shortening, honey, coconut flour, stevia and salt in a bowl. Beat with an electric mixer to combine. Set aside.
3. Place goji berries and water in a mini blender or food processor and process into a puree. Set a fine mesh strainer over a mixing bowl. Pour goji puree into the strainer and press it through the mesh, scraping with a flexible silicone spatula to get as much puree as possible into the bowl. Discard seeds left in the strainer.
4. Add strained puree to shortening and honey mixture and beat with an electric mixer to combine. If frosting is too thin to spread, beat in 1 tablespoon coconut flour to thicken.
5. Spread frosting over cooled cupcakes. Alternatively, cut a corner off a sturdy plastic food storage bag and add a #1M Open Star Tip. Place frosting into the corner of the bag with the tip. Twist the bag and pipe the frosting onto the cupcakes. Top each cupcake with a pinch of sprinkles, if desired.

Each cupcake with frosting contains 290 calories, 20g total fat, 11g saturated fat, 0g trans fat, 62mg cholesterol, 167mg sodium, 28g carbohydrate, 4g fiber, 17g sugars, 4g protein, 12 Est GL.

Recipe reprinted with permission from Easy Paleo Meals (Victory Belt Publishing), by Kelly Brozyna.

***TIP** If you omit the stevia in this recipe, use $\frac{1}{2}$ cup honey and no applesauce.




PHOTOGRAPHY BY KELLY BROZYNIA

For variation,
dip caramel-
coated apples
in coconut
flakes.

Chocolate Caramel Apples

MAKES 4 APPLES

Making caramel sauce without dairy or corn syrup is a snap. This simple caramel sauce contains only three ingredients.

- 4 apples
- 4 popsicle sticks
- 6 ounces gluten-free, dairy-free dark chocolate (70–80 percent cocoa)
-  Sliced almonds or sunflower seeds, optional

Salted Caramel

- 1 cup full-fat canned coconut milk
- 1 cup coconut sugar
- $\frac{1}{4}$ teaspoon fine-ground sea salt

1. Press a popsicle stick into the top of each apple and place apples in the refrigerator to chill overnight.
2. Prepare an apple holder by making 4 pairs of cross-cuts (two $\frac{1}{4}$ -inch slits each, each pair

4 inches apart from each other) in the top of a closed egg carton. These will hold the apples upside down as they dry.

3. To make salted caramel, place coconut milk, coconut sugar and salt in a heavy-bottom pot (about 7 inches in diameter and 3 inches deep). Whisk to combine ingredients. Bring mixture to a boil, watching carefully so that it doesn't boil over. Boil 15 minutes over medium heat. Then reduce heat to low and simmer 5 minutes, watching carefully to make sure mixture doesn't burn. (Edges turn dry and black if burning.)

Put on oven-proof gloves and carefully pour caramel into a small bowl. Stir regularly as it cools to room temperature. (Don't wash your pot just yet; you may need it again.) Caramel should thicken to a molasses-like texture when it reaches room temperature (about 20 minutes). If it doesn't thicken, pour it back into the pot and let it simmer over lowest heat 3 to 5 minutes. Wear gloves to pour caramel back into the small bowl and stir periodically as it cools to room temperature. (Caramel should be fairly thick. If it's too thin and hot, it will run off the apple, taking the chocolate with it.)

4. Melt chocolate in a double boiler. Carefully pour melted chocolate into a bowl. Fill another bowl about half full with sliced almonds, if using, and set aside.

5. Dip each chilled apple into melted chocolate and swirl it around. Hold the apple over the bowl, twisting it until chocolate begins to dry. Place the stick of each apple (apples will be upside down) into prepared egg carton to dry completely.

6. When dry, dip each chocolate-covered apple into salted caramel and swirl it around. Alternatively, spread the caramel over the apple with a butter knife. Only a small amount of caramel is needed for each apple.

7. Dip each caramel-coated apple in the bowl of sliced almonds, if using.

8. Place the stick of each coated apple into the prepared egg carton and let apples sit upside down to dry completely.

Each apple contains 692 calories, 33g total fat, 7g saturated fat, 0g trans fat, 0mg cholesterol, 178mg sodium, 96g carbohydrate, 5g fiber, 73g sugars, 6g protein, 46 Est GL.

Recipe reprinted with permission from The Paleo Chocolate Lovers' Cookbook (Victory Belt Publishing), by Kelly Brozyna.



Mini Sunflower Cups

MAKES 8 CUPS

These delicious mock peanut butter cups are full of flavor but free of gluten, dairy, eggs, peanuts and nuts.

- 6 ounces dark chocolate (70–80 percent cocoa)**
- ½ cup unsweetened sunflower seed butter**
- 1 tablespoon honey**
- 1 vanilla bean, split lengthwise and scraped, seeds reserved**
- ⅛ teaspoon fine-grind sea salt**

- 1.** Place chocolate in a double boiler and melt it gently. Using a small silicone basting brush, coat the inside of 8 miniature baking cups with the melted chocolate. When all cups are coated, rinse the brush in hot water and dry it with a towel.
- 2.** Place baking cups in the freezer for 5 minutes. Remove from freezer and brush on another coat of melted chocolate. Return chocolate-coated cups to the freezer. Rinse the brush in hot water and dry it with a towel.

Gently keep chocolate warm and melted on very low heat in the double boiler.

- 3.** To make the filling, place sunflower seed butter, honey, vanilla and salt in a mixing bowl. Beat ingredients together with an electric mixer until thoroughly combined.
- 4.** Remove small pieces of batter and roll them into equally sized balls to fit into the chocolate cups.
- 5.** Remove chocolate cups from the freezer and press a ball of batter into each cup.
- 6.** Brush melted chocolate over the top of the filled cups and place candy in the freezer to set. Rinse the brush in hot water and dry it with a towel. When the chocolate top coat is solid, brush a final coat of chocolate on top.
- 7.** Store Sunflower Cups in the refrigerator until served. Eat cold or at room temperature.

Each serving contains 239 calories, 19g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 13mg sodium, 13g carbohydrate, 0g fiber, 2g sugars, 5g protein, 5 Est GL.

Recipe reprinted from The Paleo Chocolate Lovers' Cookbook (Victory Belt Publishing), by Kelly Brozyna.



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TIP

To make Sour Cherry Cordials without maraschino cherries, combine the sour cherry spread with $\frac{1}{8}$ teaspoon vanilla liquid stevia (more to taste). Fill the truffle mold with this mixture in step 1 and freeze. Proceed with recipe as instructed but without the maraschino cherries.

Sour Cherry Cordials

MAKES 9 CORDIALS

Finding dairy-free cherry cordials in the store is almost impossible so this recipe comes to the rescue. Maraschino cherries made without corn syrup, artificial flavors and colors are available from Tillen Farms (tillenfarms.com) and Trader Joe's (traderjoes.com).

- 1 (9-ounce) jar sour cherry spread, preferably no sugar added
- 9 maraschino cherries
- 4 ounces dairy-free chocolate

1. Fill 9 cavities of a deep truffle mold about half full with sour cherry spread.
2. Press 1 whole maraschino cherry into each cavity. Top each with more sour cherry spread, as needed.
3. Insert a toothpick into the middle of each maraschino cherry and place the mold in the freezer at least 8 hours. (Filling will freeze but not harden completely.)
4. Gently melt the chocolate in a double boiler.
5. Remove the mold from the freezer. Pressing each cavity from the bottom up, gently pop the filling out of each mold. (Don't pull filling out by the toothpicks.) If a little bit remains in the cavity, scoop it out and press it back into place.
6. Dip each candy by its toothpick into the melted chocolate. Remove candy and twist the toothpick between your fingers to dry the chocolate coating. (It only takes a few seconds to dry.)

7. Place candy on a sheet of unbleached parchment paper and carefully remove toothpicks. Let cordials thaw to room temperature or refrigerate for firmer candies.

Each cordial contains 165 calories, 7g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 27g carbohydrate, 2g fiber, 21g sugars, 1g protein, 15 Est GL.

Recipe reprinted with permission from The Paleo Chocolate Lovers' Cookbook (Victory Belt Publishing), by Kelly Brozyna.

Kelly Brozyna is author of four gluten-free, dairy-free, refined-sugar-free cookbooks. She showcases healthy gluten-free recipes and nutrition tips on her blog, TheSpunkyCoconut.com.

Shopping List

For gluten-free and allergy-friendly ingredients, check out these resources. For additional candy brands, see "Trade In & Trade Up," page 26.

Candy

Endangered Species Chocolate
chocolatebar.com

Equal Exchange
equalexchange.coop

Gimbal's Fine Candies
gimbalscandy.com

Go Organic Candies
hillsidecandy.com

YumEarth Organics
yummyearth.com

Palm Shortening Spectrum
spectrumorganics.com

Sour Cherry Spread Bionaturae
bionaturae.com

Crofters
croftersorganic.com

Sprinkles Edward & Sons Trading Co.
edwardandsons.com

India Tree
indiatree.com

Not every product sold by every company listed is gluten-free or allergy-friendly. Read labels carefully. When in doubt, confirm ingredients directly with the manufacturer.

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Tailgate Party

This Southwest menu scores big on game day—and every day!

What's the recipe for a successful tailgate party? Good friends and plenty of tasty gluten-free food and drinks. No tailgate required! Kick off pre-football festivities with this delicious quick and easy Southwest-themed menu. No matter how your team stacks up, your party will be a guaranteed winner.

Mighty Good Beef & Black Bean Chili

SERVES 8

Chili prepared with smoky spices and all the toppings is always a hit. Chocolate is the surprise ingredient, infusing a warm mole flavor. You can substitute an equal amount of turkey for the beef if you like. To make meatless chili, add your choice of additional cubed vegetables instead of meat and double the beans. Serve with sour cream (or dairy-free sour cream), chopped cilantro, chopped green onion, chopped tomatoes, shredded Colby Jack (or dairy-free cheese) or soft tacos. Have hot sauce on hand for those who enjoy 3-alarm chili.

- 3-4 tablespoons high-heat vegetable oil
- 4 pounds beef chuck roast, cut into ¼-inch cubes (grass-fed preferred)
- 1 teaspoon dried oregano (Mexican oregano preferred)
- 1 teaspoon kosher salt, more to taste
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- ¼ teaspoon red pepper flakes
- 1 sweet onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon chipotle chili powder, more to taste
- 1 teaspoon ancho chili powder, more to taste
- 2 (15-ounce) cans black beans (no salt added)

- 2 pounds seeded and finely diced fresh tomatoes or 2 (15-ounce) cans diced tomatoes, drained (no salt added)
- 1 medium red pepper, finely diced
- 1 medium green pepper, finely diced
- 3-4 cups gluten-free chicken broth or vegetable broth (no salt added or low sodium)
- 1 (1-ounce) square bittersweet chocolate
- 🌿 Chopped cilantro, optional

- 1.** Heat oil in a large sauté pan until shimmering. Immediately add half the beef and sauté until cubes are brown. Remove browned beef and sauté remaining beef. (Crowding the pan will make the meat steam instead of brown, so cook in small batches until it's finished.) Add oregano, salt, black pepper, cayenne pepper and red pepper flakes to the last batch of beef and sauté 30 seconds. Add onion and sauté until it wilts and starts to turn color. Add garlic and cook 30 seconds more. Stir in reserved browned beef with chipotle chili powder and ancho chili powder. Remove pan from heat.
- 2.** In a large nonreactive stockpot, stir together beans, tomatoes, red and green peppers and broth.
- 3.** Add meat mixture to bean mixture and stir to combine.
- 4.** Bring chili to a simmer over medium heat. Turn temperature down to low, just enough to keep it at a low simmer and cover the pan.



Cook 1 to 1½ hours at a very low simmer until liquid reduces and chili begins to thicken. Stir occasionally to make certain nothing sticks to the bottom of the pan.

5. Add chocolate and stir. Cover and cook 45 to 60 minutes more. If not served immediately, let chili cool and refrigerate until tailgate day.

Reheat before serving. Top with cilantro, if using, and offer hot sauce on the side.

Each serving contains 749 calories, 48g total fat, 18g saturated fat, 0g trans fat, 150mg cholesterol, 502mg sodium, 25g carbohydrate, 7g fiber, 7g sugars, 52g protein, 9 Est GL.

TIP Since cumin can be a problem for some with peanut allergy due to cross-contact, this recipe calls for single-source chili powders (ancho and chipotle), which do not contain cumin. Read ingredient labels carefully.



TIP
Avocado will turn brown once it's cut, so mix it with lime juice. The citric acid keeps it fresh.

Garlic Guacamole

MAKES 4 CUPS

Guacamole is a perfect companion for chips or fresh vegetables. It also makes a tasty topping for chili and soft corn tacos. Lime juice and zest bring out the big avocado flavor while garlic complements the avocado and tomato combination. Serve with gluten-free tortilla chips and a mix of fresh vegetables. Serve Tabasco or hot sauce on the side for those who like everything hot.

6-8 ripe avocados

1 Zest of 1 lime

2-3 tablespoons fresh lime juice

3 large tomatoes, seeded and diced

4 cloves garlic, finely minced

1 teaspoon gluten-free Worcestershire sauce

1 teaspoon kosher salt or to taste

¼ teaspoon black pepper or to taste

¼ teaspoon cayenne pepper or to taste

1 Tobacco sauce, to taste

1. Mash avocado in a large nonreactive bowl, leaving visible chunks. Immediately stir in lime zest and juice.

2. Gently fold in tomatoes and garlic. Stir in Worcestershire sauce, salt, black pepper and cayenne pepper, taking care to keep the guacamole from becoming too smooth.

3. Place guacamole in the refrigerator and chill until served. Serve with Tabasco or hot sauce on the side.

Each tablespoon contains 33 calories, 3g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 39mg sodium, 2g carbohydrate, 2g fiber, 1g sugars, 1g protein, 1 Est GL.

Cornbread Mini Muffins

MAKES 40 TO 42 MINI MUFFINS

A double dose of corn makes these 2-bite muffins a flavorful companion to the chili. You should count on everyone going back for more, so this recipe makes plenty. These muffins keep best in a covered tin (not plastic). Refresh them by reheating them in a 300°F oven for 5 minutes, if needed. This recipe can be made with egg replacement; see instructions on page 43.

1 cup gluten-free corn meal

1½ cups gluten-free all-purpose flour blend of choice (page 95)

¼ cup sugar

1½ teaspoons baking powder

Grab Some Gusto!

Bring plenty of cold water and juices for those who prefer nonalcoholic beverages. Then pack a cooler with icy-cold beer. These brands are gluten-free.

Bard's Tale Beer
bardsbeer.com

Daura Damm
dauradamm.com

New Planet Beer
newplanetbeer.com





- ½ teaspoon kosher salt
- ¼ teaspoon ground cayenne pepper
- ⅓ cup neutral vegetable oil
- 2 large eggs
- ⅔ cup milk of choice
- ½ cup fresh or frozen petite baby corn kernels
- ½ cup grated Colby Jack or dairy-free cheese alternative, optional

1. Preheat oven to 350°F. Place cup liners in two 24-count mini muffin pans.
2. In a large bowl, whisk together cornmeal, flour blend, sugar, baking powder, salt and cayenne pepper.

3. In a medium bowl, whisk together oil, eggs and milk until combined. Add to cornmeal mixture and stir until blended. Fold in corn and cheese, if using.
4. Scoop batter into prepared muffin pans, filling each cup about ⅔ full.
5. Place muffins in preheated oven and bake 11 to 14 minutes or until golden and a toothpick inserted in the center comes out without crumbs. Cool muffins in pans a few minutes. Then transfer to a rack to cool completely.

Each serving contains 50 calories, 2g total fat, 0g saturated fat, 0g trans fat, 10mg cholesterol, 53mg sodium, 7g carbohydrate, 1g fiber, 1g sugars, 1g protein, 4 Est GL.

For **Egg-Free Cornbread Mini Muffins**, omit 2 eggs. Add ½ teaspoon baking soda and 1 tablespoon arrowroot or cornstarch to dry ingredients in Step 2. Combine 1 tablespoon flax meal with 3 tablespoons hot unsweetened applesauce. Let cool. Use this mixture to replace 2 eggs in step 3.



Pomegranate or Cranberry Mojitos

MAKES 8 MOJITOS

This versatile drink can be made with either pomegranate or cranberry juice. For best results, serve it extra cold. To muddle the mint, crush the leaves with the back of a wooden spoon. Sip this drink slowly; the flavor improves as the ice begins to melt.

Muddled Base

- ¼ cup superfine baker's sugar
- 26 mint leaves without stems, divided
- 🍋 Zest of 2 limes
- 🍋 Juice of 8 limes

Mojitos

- 🍋 Plenty of ice for each glass
- 🍋 Muddled Base
- 8 (1-ounce) single shots of white rum
- 40 ounces pomegranate juice or cranberry juice
- 16 ounces Pellegrino or other sparkling water
- 16-24 fresh mint leaves, slightly crushed
- 8 thin lime slices

- 🍋 Thick lime wedges, for garnish
- 🍋 Sprigs of fresh mint, for garnish

1. To make Muddled Base, place sugar in a glass container such as a Pyrex measuring cup. Add 24 mint leaves and lime zest. Using the back of a wooden spoon, smash mint and zest into the sugar until sugar turns a bit green and mixture gives off a minty-lime perfume. Add lime juice and stir. Let mixture sit 15 minutes. Strain into a small glass jar with a lid and add 2 additional whole mint leaves.

2. To mix the drinks, place ice cubes in 8 glasses. Evenly distribute Muddled Base among glasses. Add a shot of white rum to each. Add about 5 ounces (almost ½ cup) pomegranate juice or cranberry juice to each. Top each with 2 ounces Pellegrino.

3. Crush mint leaves in your hand (don't tear them). Add a few crushed leaves and a thin slice of lime to each glass. Add a stirrer. Place a thick lime wedge on each glass rim and garnish with a sprig of mint. Serve cold.

Each serving contains 177 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 15mg sodium, 28g carbohydrate, 0g fiber, 24g sugars, 0g protein, 9 Est GL.

Double Chocolate Cinnamon Cupcakes

MAKES 22 TO 24 CUPCAKES

Extra-dark cocoa provides a rich chocolate flavor that's enhanced with cinnamon and chipotle. Top these cupcakes with team-colored sprinkles for a festive look. They can be made a day ahead (without ganache topping) and stored in a tin. To refresh, heat cupcakes in a 300°F oven for 10 minutes. Cool thoroughly before adding ganache. This recipe can be made with egg replacement; see instructions below.

- 2½ cups gluten-free all-purpose flour blend of choice (page 95)
- ¼ cup unsweetened dark cocoa powder
- 1 cup sugar
- 1 tablespoon instant espresso powder
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon kosher salt
- ¼ teaspoon chipotle chili powder
- 3 large eggs
- ¾ cup + 2 tablespoons neutral vegetable oil
- ¾ cup milk of choice
- 1 teaspoon pure vanilla extract
- 1 cup semisweet mini chocolate chips
- ¼ cup gluten-free sprinkles

Chocolate Ganache

- 2 cups semisweet chocolate chips
- ½ cup milk of choice

1. Preheat oven to 350°F. Place liners in two 12-count muffin tins.
2. In a large bowl, whisk together flour blend, cocoa powder, sugar, espresso powder, baking powder, baking soda, cinnamon, salt and chipotle chili powder until combined.
3. In a medium bowl, whisk together eggs, oil, milk and vanilla until blended. Add wet ingredients to flour mixture and stir until batter is smooth. Fold in mini chocolate chips.
4. Scoop batter into prepared muffin tins, filling each cup half full.
5. Place cupcakes in preheated oven and bake 15 to 17 minutes or until a toothpick comes out with a few crumbs. Cupcakes should spring back when pressed gently on top. (Overbaking cupcakes dries them out.)
6. Cool cupcakes in pans a few minutes. Then



transfer to a rack to cool completely before topping with Chocolate Ganache.

7. To make Chocolate Ganache, place chocolate chips and milk in a double boiler over low heat. Melt just until mixture is smooth. Remove from heat and cool 10 minutes. Stir gently without creating air bubbles.
8. Gently dip the top of each cupcake into ganache, rocking cupcake from side to side to make sure the entire top is coated. Lift cupcake out of ganache and let excess chocolate drip back into the bowl. In one motion, flip cupcake back upright and place it on a cooling rack. Immediately top with sprinkles. Let topping set 30 minutes before serving. Best served the same day they're frosted.

Each cupcake with ganache contains 312 calories, 18g total fat, 6g saturated fat, 0g trans fat, 28mg cholesterol, 110mg sodium, 40g carbohydrate, 2g fiber, 26g sugars, 4g protein, 25 Est GL.

Each cupcake without ganache contains 216 calories, 12g total fat, 3g saturated fat, 0g trans fat, 27mg cholesterol, 109mg sodium, 27g carbohydrate, 1g fiber, 16g sugars, 2g protein, 18 Est GL.

For **Egg-Free Double Chocolate Cinnamon Cupcakes**, omit 3 eggs. Reduce oil to ½ cup + 2 tablespoons. Add 2 tablespoons arrowroot or cornstarch to the dry ingredients in step 2. Combine 1 tablespoon flax meal with 3 tablespoons hot water. Let cool. Use this mixture to replace 3 eggs in step 3. If batter is not smooth, add 1 tablespoon water.

Shopping List

For gluten-free or allergy-friendly ingredients, check out these resources.

Black Beans

Eden Organics
edenfoods.com

Chili Powder

Penzeys
penzeys.com

Cornmeal

Bob's Red Mill
bobsredmill.com

Graham Cookies

Kinnikinnick
kinnikinnick.com

Pamela's Products

pamelasproducts.com

Schär

schar.com

Not every product sold by every company listed is gluten-free or allergy-friendly. Read labels carefully. When in doubt, confirm ingredients directly with the manufacturer.



Apple Pie Crumble Parfait in a Jar

SERVES 6 TO 8

While these little parfait pies are usually served in glass jars, prepare them in unbreakable parfait cups for game day. Big on apple and rum flavor, they're super-tasty and easy to make. The apple filling can be made 1 to 2 days ahead and refrigerated in a covered container.

- 4 tablespoons unsalted butter or Spectrum shortening
- 6-8 tart apples, peeled, cut into a ¼-inch dice
- ⅓ cup brown sugar
- 1½ teaspoons ground cinnamon
- ½ teaspoon kosher salt
- ¼ teaspoon freshly grated nutmeg
- ⅓ cup dark rum
- 2 packages gluten-free shortbread cookies or graham cookies, broken

1. In a large sauté pan, heat butter until melted. Add apples, brown sugar, cinnamon, salt and nutmeg and cook, stirring occasionally, until apples caramelize and liquid reduces to a sauce, about 15 minutes. (If your pan isn't big enough, do this in batches.)

2. Remove pan from heat. (Turn off your stovetop burner to avoid catching the rum on fire.) Add rum and stir to combine. Return pan to stovetop and turn on heat. Cook until rum has reduced. Cool completely.

3. To assemble parfaits, crumble cookies in the bottom of each parfait cup. Top with a layer of apple filling. Repeat layers until cups are ¾ full, ending with a little crumble on top. Serve at room temperature.

Each serving contains 413 calories, 13g total fat, 8g saturated fat, 0g trans fat, 33mg cholesterol, 228mg sodium, 68g carbohydrate, 2g fiber, 36g sugars, 4g protein, 38 Est GL.

Tailgate Tips

Know the Venue

Don't be surprised by tailgating rules about alcohol, containers and parking. Check ahead so you know what to expect and how to comply.

Label Your Menu

Well before your gathering, ask your guests about food allergies and sensitivities and plan your menu accordingly. To ease any concerns, list ingredients of every dish. Pack chips, condiments and guacamole in individual serving containers to minimize risk of any cross contamination.

Double Duty

Freeze plastic bottles of water and use them as ice packs to help keep the food chilled. Your guests then have icy-cold water to drink.

Support Your Team

Choose paper plates, napkins, cups and colored sprinkles on the cupcakes that reflect team colors and show your team spirit.

Be Prepared

Think about essential supplies to pack: hand wipes, paper towels, Windex, plastic garbage bags, extra water, hats, sunscreen, bug repellent, sweaters, first aid kit, flashlights, charged phones, sunglasses. Don't forget medications like epinephrine or Benadryl.

Lisa Stander-Horel (glutenfreecanteen.com) is author of Nosh on This: Gluten-Free Baking from a Jewish American Kitchen (The Experiment Publishing).

Cravings Fulfilled

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Cast Iron Chef

5 weeknight meals sizzle with mouthwatering flavor

By Laura B. Russell

PHOTOGRAPHY BY ASHLEY CAMPION

Long the campsite cooking vessel of choice, cast iron pans have a proud history dating back to Colonial days. They are nearly indestructible and can last a lifetime with proper care. They can even acquire a nifty stick-resistant surface the more you use them.

These pans retain heat well, making them perfect for searing burgers and steaks, baking a pan of cornbread and crafting the perfect breakfast hash. Plus, they're attractive enough to go from your stovetop or oven straight to your table.

From quick Skillet Chicken Paella to a traditional Pan-Seared Steak to a one-pot extravaganza of Greek Shrimp and Orzo, these recipes showcase the range of delicious meals you can create with a cast iron pan.

So go ahead! Rescue your pan from that pile of camping gear and put it to good use. It deserves a permanent place in your kitchen.

SKILLET CHICKEN PAELLA

SERVES 4

Impress the family with this weeknight paella made from chicken thighs, smoked paprika and Spanish-style short-grain rice. Canned artichoke hearts are a lovely addition (pat them dry to remove excess liquid) but you can substitute a cup of roasted red pepper strips instead. For a fancy touch, add a handful of clams, mussels or shrimp (if seafood is tolerated) when you're checking the rice for doneness. That extra 10 minutes in the oven is all they need to cook.

- 1 pound boneless, skinless chicken thighs, trimmed and quartered**
- 3 tablespoons olive oil, divided**
- 2 teaspoons sweet smoked paprika**
- $\frac{3}{4}$ teaspoon kosher salt, divided**
- 1 leek, trimmed & halved lengthwise, white and light green parts thinly sliced**
- 1 (14-ounce) can artichoke heart quarters, drained and patted dry**



- $1\frac{1}{2}$ cups short- or medium-grain rice**
- 1 bay leaf**
- 3 cups gluten-free chicken broth, more if needed**
- 3 tablespoons chopped cilantro**
- Freshly ground black pepper**
- Lemon wedges**

- 1.** Preheat oven to 400°F.
- 2.** Place chicken in a bowl and toss with 2 tablespoons olive oil, smoked paprika and $\frac{1}{4}$ teaspoon salt.
- 3.** Heat a 12-inch cast iron skillet over medium heat. Add chicken and cook until browned, 2 to 3 minutes per side. Remove chicken to a plate.
- 4.** Heat remaining 1 tablespoon oil in the pan and add leeks. Cook until wilted, 2 to 3 minutes. Stir in artichokes, rice and bay leaf. Add chicken broth and remaining $\frac{1}{2}$ teaspoon salt and bring to a boil. Carefully return browned chicken to the pan.
- 5.** Transfer pan to preheated oven and bake, uncovered, about 15 minutes. Check rice and if pan seems dry, stir in another 2 to 3 tablespoons chicken broth. Continue cooking until rice is just tender and chicken is cooked through, 5 to 10 minutes.
- 6.** Remove pan from oven, cover and let stand 5 minutes or until rice is cooked to desired tenderness.
- 7.** Top with cilantro, freshly ground black pepper and a squeeze of lemon juice before serving.

Each serving contains 554 calories, 15g total fat, 3g saturated fat, 0g trans fat, 93mg cholesterol, 977mg sodium, 69g carbohydrate, 6g fiber, 3g sugars, 32g protein, 46 Est GL.

In the Pan

Check out these companies for a wide selection of cast iron cooking pans and grills.

Cowboy Cauldron
cowboycauldron.com

Finex
finexusa.com

Lodge
lodgemfg.com

ONE-POT

GREEK SHRIMP & ORZO

SERVES 4

Orzo, tiny pasta shaped like rice, is usually made with wheat, but corn- and rice-based orzo is making its way into supermarkets. DeLallo brand works well in this recipe; if gluten-free orzo is not available, substitute small gluten-free pasta, such as elbow macaroni. Cooking the orzo directly in the broth adds flavor. Just keep an eye on it to be sure there's enough liquid. Taste it at the 11-minute mark and stir in some extra water if it's not quite tender. Cast iron can react with acidic ingredients like tomatoes but it's more likely to happen in a long-simmered sauce. If you happen to have an enameled cast-iron Dutch oven, this is a great time to use it. For those allergic to seafood, chicken can be substituted for the shrimp. Those avoiding dairy can omit the feta; the dish will be less creamy.

- 1 pound medium shrimp, shelled and halved, or 1½ cups diced cooked chicken
- 1 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cinnamon sticks
- ½ teaspoon dried oregano
- 1 (14-15 ounce) can diced tomatoes with juice
- 3 cups gluten-free chicken broth or vegetable broth
- 1 (12-ounce) package gluten-free orzo
- 4 ounces feta cheese, crumbled, optional
- ¼ teaspoon freshly ground black pepper
- ¼ cup chopped Italian parsley
- 1 lemon, quartered

1. Put shrimp in a colander set in the sink. Toss shrimp with kosher salt and let stand while you prepare the rest of the dish.
2. Heat olive oil in a Dutch oven over medium heat. Add onion and cook until it starts to soften, stirring occasionally, about 5 minutes. Stir in cinnamon sticks, oregano, tomatoes with juice and broth and bring to a boil. Stir in orzo and return liquid to a boil. Lower heat to a lively simmer and cook 11 minutes,



frequently stirring and scraping the bottom of the pot with a wooden spoon to keep the orzo from sticking.

3. Taste a piece of orzo; it should be just about tender. (If it's not, simmer 1 more minute.)
4. Add shrimp and 2 tablespoons water to the pan and stir to combine. Cover pan and cook 2 minutes.
5. Remove pan from heat, stir in feta cheese (if using) and let pan stand, covered, until shrimp cooks through, 5 to 8 minutes. Stir

in black pepper and parsley. Add a squeeze of fresh lemon juice. Serve hot with lemon wedges on the side.

Each serving without feta contains 490 calories, 8g total fat, 1g saturated fat, 0g trans fat, 170mg cholesterol, 857mg sodium, 74g carbohydrate, 3g fiber, 4g sugars, 31g protein, 49 Est GL.

Each serving with feta contains 560 calories, 14g total fat, 5g saturated fat, 0g trans fat, 195mg cholesterol, 1170mg sodium, 75g carbohydrate, 3g fiber, 5g sugars, 35g protein, 50 Est GL.

TIP For a spicy version of Greek Shrimp & Orzo, add ¼ to ½ teaspoon red pepper flakes along with the tomatoes.

PHOTOGRAPHY BY ASHLEY CAMPION



ITALIAN SAUSAGES WITH GRAPES & GREENS

SERVES 4

Kids get a kick out of eating grapes for dinner, so why not pair grapes with sausage and kale for a complete meal? This recipe calls for one sausage per person but if you have bigger eaters, cook as many as you need. You can substitute escarole, collard greens, broccoli rabe or more tender greens like spinach or Swiss chard for the kale. A bowl of soft polenta makes a nice side with this dish.

- 1** tablespoon olive oil, divided
- 2** cloves garlic, minced
- 1** bunch kale, stemmed and cut into thin ribbons (about 6 cups)
- ¼** teaspoon kosher salt

- 4** Italian sausages (about 1 pound)
- 1** (3-inch) sprig fresh rosemary
- 3** cups seedless red grapes
- ¼** teaspoon freshly ground black pepper
- 1½** teaspoons aged balsamic vinegar

- 1.** In a 10- to 12-inch cast-iron skillet, heat ½ tablespoon oil and garlic over medium heat. When garlic starts to sizzle (don't let it brown), add kale a little at a time until it all fits in the pan, turning it with tongs to coat it with the garlicky oil. Add salt and cook until kale is wilted and tender, about 5 minutes. Remove kale to a serving platter.
- 2.** Return pan to medium heat and add remaining ½ tablespoon oil. Add sausages

and cook, turning occasionally, until browned and cooked through, 15 to 20 minutes. (The sausages splatter quite a bit. Use a splatter guard or partially cover the pan with a lid.)

3. Add rosemary and grapes to the pan and cook, stirring occasionally, until grapes start to brown and their skins just begin to soften, about 5 minutes.

4. Stir in pepper and drizzle with balsamic vinegar.

5. Top greens with sausages, grapes and any pan juices. Serve hot.

Each serving contains 362 calories, 17g total fat, 8g saturated fat, 0g trans fat, 34mg cholesterol, 830mg sodium, 34g carbohydrate, 3g fiber, 18g sugars, 22g protein, 14 Est GL.

PAN-SEARED STEAK WITH BROCCOLINI & MUSHROOMS

SERVES 4

Pan searing is one way to get a restaurant-quality steak at home. Get your cast-iron pan good and hot (turn on the exhaust fan) to promote an even brown crust on the meat. This technique works best with a fairly substantial cut of meat, ideally about 1¼ inches thick. This means you'll likely be cooking only two large steaks for four people—possibly even one. Searing the meat should leave a thin layer of brown bits on the bottom of the pan. Don't rinse these out before cooking the vegetables—they add flavor!

- 1½ pounds rib eye steak or New York strip steak (about 1¼-1½ inches thick)
- 1½ teaspoons kosher salt, divided
- 1 tablespoon canola oil, more as needed
- 4 sprigs fresh thyme
- 1 tablespoon unsalted butter or coconut oil, optional
- ½ pound mushrooms, thinly sliced
- ½ pound (1 bunch) broccolini, cut into 2-inch lengths
- ¼ cup gluten-free chicken broth
- ¼ teaspoon freshly ground black pepper

1. Pat steak dry with paper towels and season meat with 1 teaspoon salt.
2. Heat 1 tablespoon oil in a 12-inch cast iron skillet over moderately high heat. Get the pan very hot; the oil should come close to smoking. Put steak in the pan and cook, turning occasionally, until a brown crust forms, 8 to 10 minutes. Using tongs, stand the steak on its side to cook the edges.
3. Add thyme and butter to the pan and continue cooking and turning the steak, basting occasionally with butter, until cooked to your liking, about 4 minutes for



- medium rare. (Internal temperature will be about 125°F-130°F.) Remove steak to a cutting board to rest while you prepare the vegetables.
4. Lower heat to medium and return pan to the stove. If pan seems dry, add a tablespoon of oil. (There may be enough oil or butter remaining from cooking the steak.) Add mushrooms and cook until browned, about 5 minutes, stirring occasionally.
 5. Stir in broccolini, remaining ½ teaspoon

- salt and chicken broth. Simmer vigorously, stirring occasionally, until liquid evaporates and broccolini is just tender, about 5 minutes. Stir in black pepper.
6. Cut steak into slices and serve with vegetables.

Each serving contains 559 calories, 44g total fat, 17g saturated fat, 0g trans fat, 123mg cholesterol, 1002mg sodium, 7g carbohydrate, 2g fiber, 2g sugars, 34g protein, 4 Est GL.

PHOTOGRAPHY BY ASHLEY CAMPION



PICADILLO

SERVES 4

Picadillo, a Cuban-style medley of ground beef, spices, raisins and olives, has a unique sweet-and-tangy flavor that's surprisingly addictive. Serve it with fried potatoes or white rice for a complete meal. You can also use it as a taco filling with warm corn tortillas. For variation, substitute ground pork or ground turkey for the beef.

- 1½ pounds ground beef
- 1 tablespoon olive oil
- 1 onion, diced
- 1 green bell pepper, diced
- 2 teaspoons ground cumin
- 1 teaspoon kosher salt
- ¼ teaspoon ground cloves
- 1 (12-ounce) can tomato sauce
- 1½ tablespoons red wine vinegar
- ⅓ cup raisins
- ½ cup coarsely chopped pimiento-stuffed green olives or pitted green olives

1. Heat a 12-inch cast iron skillet over medium-high heat. Add ground beef and cook, breaking meat into pieces with a wooden spoon until browned, about 5

minutes. Drain fat from meat. Remove meat from pan and set aside.

2. Return pan to medium heat and add olive oil. Cook onion and green pepper until starting to soften, about 5 minutes.

3. Return meat to the pan and stir in cumin, salt and cloves. Add tomato sauce, vinegar and raisins and bring to a gentle simmer. Simmer 10 minutes.

4. Stir in olives and continue simmering until flavors combine and sauce thickens, about 5 minutes. Serve hot.

Each serving contains 476 calories, 27g total fat, 10g saturated fat, 1g trans fat, 104mg cholesterol, 892mg sodium, 25g carbohydrate, 4g fiber, 15g sugars, 35g protein, 11 Est GL

Shopping List

For gluten-free or allergy-friendly ingredients, check out these resources.

Broth

Pacific Foods
pacificfoods.com

Swanson
swansonbroth.com

Orzo

DeLallo
delallo.com

Not every product sold by every company listed is gluten-free or allergy-friendly. Read labels carefully. When in doubt, confirm ingredients directly with the manufacturer.

Food writer Laura B. Russell is author of Brassicas (Ten Speed Press) and The Gluten-Free Asian Kitchen (Celestial Arts). She writes a regular column in The Oregonian.

Artisan Bread in 5 Minutes

A revolutionary way to make fresh gluten-free bread every day



Introduction by Beth Hillson
Recipes by Jeff Hertzberg, MD,
and Zoë François

PHOTOGRAPH BY TIM HOKEL

When Jeff Hertzberg, MD, and Zoë François wrote their first 5-minute artisan bread cookbook, they were overwhelmed with requests for gluten-free versions. In each subsequent cookbook (five in all), they included a couple of recipes for gluten-free readers. Then they reasoned: Why should gluten-free bakers be limited to just a few recipes? And so they developed an entire cookbook of gluten-free recipes, entitled *Gluten-Free Artisan Bread in Five Minutes a Day*.

The principle behind Hertzberg and François' 5-minute artisan bread is this: Mix up a large (4-loaf) batch of dough beforehand and store it in the refrigerator. Then bake fresh loaves whenever you're ready; active preparation time works out to just five minutes per loaf.

The concept is easy and convenient and the results are definitely worth it. These breads deliver some of the best gluten-free crust we've ever tasted. And we love the fact that the dough can be stored in the refrigerator and quickly baked whenever we get the urge for fresh bread.

Once you've mixed up Hertzberg and François' flour blend and prepared their Master Dough (or a variation), it's a snap to make the Boule, Baguettes and Crisp & Cheesy Breadsticks—the active prep is only five minutes. But keep in mind it takes nearly two hours for the bread to rise and bake, so plan accordingly.

We've added a few tips from our own testing that will have you on your way to great gluten-free artisan bread in no time.

TIPS

Flour Blend Before tackling these bread recipes, mix up the Homemade Gluten-Free All-Purpose Flour Blend (page 59). Each recipe of Master Dough will use just under half of this blend. You can cut the blend ingredients in half or you can make the entire blend recipe and save the remaining half for another week's worth of breads later on. (It can be stored in a container or zip-top bag until used.) If you find your Master Dough is too sticky, add a small amount of additional rice flour as you mix the dough (up to 8 grams or 2 teaspoons more).


Weigh In If you have a kitchen scale, weigh the ingredients for the Homemade Gluten-Free All-Purpose Flour Blend (page 59) rather than measuring them. It's more reliable and preferred by Hertzberg and François. We suggest using the weight in grams for the most accurate measure, especially if you're halving the recipe of the blend.



Master Dough

MAKES 4 POUNDS

*This recipe can be halved or doubled.
Egg whites give this dough an airier rise
but if you can't tolerate eggs, use the
egg-free instructions below each recipe.*

- 4 egg whites, room temperature
-  Lukewarm water (100°F or below)
- 6½ cups (35 ounces/992.2 grams) Homemade Gluten-Free All-Purpose Flour Blend (page 59)
- 1 tablespoon granulated yeast
- 1-1½ tablespoons kosher salt
- 2 tablespoons sugar, optional

1. Place egg whites in the bottom of a large measuring cup. Add enough lukewarm water to create 3¾ cups of liquid. Mix to combine.

2. Whisk together flour blend, yeast, salt and sugar (if using) in a 5- to 6-quart bowl or a lidded (not airtight) food container. Add egg whites and water mixture and mix with a spoon, a Danish dough whisk or a heavy-duty stand mixer fitted with the paddle attachment. Mix until batter is very smooth. (The machine gets you there quickest.)

3. Loosely cover batter and let it rest at room temperature until dough rises, about 2 hours. Dough can be used immediately after rising but it's easier to handle it when it's cold. Refrigerate in a lidded (not airtight) container and use over the next 5 days. Alternatively, freeze it up to 4 weeks in 1-pound portions; thaw in the refrigerator overnight before using to make Boule (page 57), Baguettes (page 58) or Crisp & Cheesy Breadsticks (page 60).

Each pound (uncooked dough) contains 889 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 1937mg sodium, 196g carbohydrate, 14g fiber, 0g sugars, 18g protein, 127 Est GL.





PHOTOGRAPH BY STEPHEN SCOTT GROSS


Boule

MAKES 1 LOAF

After tasting this classic round French loaf, you'll never buy gluten-free bread in the supermarket again. Include the optional sugar for a deeper, richer-colored crust. If you have a stand mixer, use it; machine-mixed dough makes a lighter, higher loaf. This recipe can be made without eggs; see instructions below.

1 pound Master Dough recipe (page 56)

 **Cornmeal, for sprinkling**

 **Rice flour, for dusting**

1 cup hot tap water

1. Prepare Master Dough as instructed.
2. On baking day, have a sheet of parchment paper ready or generously sprinkle a pizza peel with cornmeal for a work surface.
3. Dust the surface of Master Dough with rice flour. Pull off a 1-pound (grapefruit-size) piece of dough and transfer it to prepared surface. Gently press and pat dough into a ball, using wet fingers to smooth the surface. Loosely cover dough with plastic wrap or a roomy overturned bowl and let rest 1 hour. During this time, dough may not appear to rise much, which is normal.
4. Preheat oven to 450°F. If using a baking stone, place it in the middle of the oven to preheat (20 to 30 minutes). Place an empty metal broiler tray on any shelf that won't interfere with the baking bread.
5. Brush the top of the loaf with water. Slash it about ½-inch deep with a wet serrated bread knife.
6. Slide the loaf onto preheated stone or a heavy baking sheet lined with parchment paper and put it in preheated oven. Drape a towel over the interior of your oven glass door (steam can make your oven glass crack) and carefully pour 1 cup hot tap water into the hot broiler pan. Quickly remove the towel and close the oven door.
7. Bake loaf about 45 minutes or until it is richly browned and firm.
8. Remove loaf from oven and let cool completely on a rack before eating, about 2 hours. (If not cooled, the bread will seem gummy.)

Yields 12 slices. Each slice contains 37 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 81mg sodium, 8g carbohydrate, 1g fiber, 0g sugars, 1g protein, 5 Est GL.

For Egg-Free Boule, omit 4 egg whites from the Master Dough recipe and simply use a total of 3¾ cups water.

TIPS

Leaving Out the Egg Whites

For egg-free bread, omit the egg whites and fill a measuring cup with warm water to the specified amount (3¾ cups).

Storing the Master Dough

If you don't use the Master Dough immediately, keep it in the refrigerator and use it within five days. It can also be frozen in formed loaves for longer storage. If frozen, thaw the loaves at room temperature before baking. Then follow the instructions for rising and baking times.

Baking Surface A baking stone is the best surface for baking these artisan breads. If you don't have one, you can use a heavy baking sheet lined with parchment paper.

Dutch Oven We had good results baking the boule in a Dutch oven. (The crust browned very nicely!) Here's how: Set a cast iron Dutch oven on the middle rack while the oven is preheating. (Be sure the knob on the cover of the Dutch oven is heat resistant.) Form a boule on parchment paper. Let the dough rise. Then transfer it to the preheated Dutch oven, using the ends of the parchment paper to lift the dough and ease it in. Cover and bake in preheated oven. No need to add a pan of hot water in the oven when using this method.

—Beth Hillson

Baguette

MAKES 1 BAGUETTE

This recipe makes a delicious thin and crispy French loaf that's about 10 to 12 inches long.

- ½ pound Master Dough recipe (page 56)
- 1 egg white, for brushing loaf
- 1 tablespoon water, for brushing loaf
- 🍚 Rice flour, for dusting

1. Prepare Master Dough as instructed.
2. On baking day, generously dust the surface of the dough with rice flour. Place ½-pound piece of dough (orange-sized) on a pizza peel or a heavy baking sheet lined with parchment paper.
3. Shape dough into a skinny cylinder with pointed ends. The dough will not stretch, so just press, squeeze and pat it into a baguette using flour-dusted hands. Once shaped, smooth it with wet fingers. Cover loosely with plastic wrap and let rest about 40 minutes. During this time, the dough may not appear to rise much, which is normal.
4. Preheat a baking stone on the middle rack of the oven to 450°F (20 to 30 minutes). Place an empty metal broiler tray on another rack that won't interfere with rising bread.
5. Place egg white and water in a small bowl and whisk to combine. Brush the top of the loaf with egg-white mixture. Make several ½-inch deep slashes in the loaf using a wet serrated bread knife or a sharp razor.
6. Slide the loaf onto the hot stone or heavy baking sheet lined with parchment paper. Cover interior oven glass with a towel, pour 1 cup of hot tap water into the broiler tray, remove the towel, and quickly close the oven door. Bake about 35 minutes or until loaf is browned and firm.
7. Remove baguette from oven and let cool completely on a rack before eating.

Yields 12 slices. Each slice contains 38 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 85mg sodium, 8g carbohydrate, 1g fiber, 0g sugars, 1g protein, 5 Est GL.

For **Egg-Free Baguette**, omit 4 egg whites from the Master Dough recipe and simply use a total of 3¾ cups water. Brush the loaf with 1 tablespoon water.

PHOTOGRAPH BY STEPHEN SCOTT GROSS





Homemade Gluten-Free All-Purpose Flour Blend

MAKES ABOUT 4 1/4 POUNDS

This workhorse all-purpose flour blend is a mixture of three gluten-free grains, plus a little xanthan gum (or psyllium) and potato starch. It yields a dough that makes beautiful free-form loaves, loaf-pan breads and flatbreads. If you have a kitchen scale, use it rather than using cup measures, which are less consistent and not as accurate. (If you decide to measure flours by volume, pack them tightly in the measuring cup; otherwise your dough will be inconsistent.) This mixture was created with Bob's Red Mill flours and starches. If you substitute something else, results will vary. Commercial gluten-free flour blends cannot be substituted in these recipes.

- 6 cups white rice flour (36 ounces/1,020 grams)
- 3 1/4 cups sorghum flour (1 pound/455 grams)
- 1 3/4 cups tapioca starch/flour (8 ounces/225 grams)
- 1 1/4 cups potato starch (8 ounces/225 grams)
- 1/4 cup xanthan gum or ground psyllium husk (1.4 ounces/40 grams)

1. Mix all ingredients together very thoroughly in a lidded 5- to 6-quart container using a spoon or a Danish dough whisk. If your lid is sealed tightly, pick up the container and shake it vigorously for quick and complete blending.
2. Store in a cool, dry place.

Each cup contains 532 calories, 2g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 84mg sodium, 120g carbohydrate, 8g fiber, 0g sugars, 8g protein, 78 Est GL.

TIP

Store flour blend in a sealed container or zip-top bag in the refrigerator until used.

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Crisp & Cheesy Breadsticks

MAKES 32 BREADSTICKS

These will disappear quickly! This recipe is easily doubled or halved.

- 1 recipe Master Dough (page 56)
- 1 cup (4 ounces) grated cheddar cheese or dairy-free cheese alternative
- 🍴 Olive oil, for drizzling
- 🍴 Fresh or dried herbs, for sprinkling
- 🍴 Coarse salt, for sprinkling
- 🍴 Grated Parmesan cheese, for sprinkling, optional
- 🍴 Rice flour, for working dough

1. When preparing the Master Dough, add grated cheese to the egg white and water mixture. You can use the Master Dough as soon as it has risen, but it's much easier to form bread sticks when it's cold.

2. Preheat oven to 400°F. Grease a baking sheet or line it with parchment paper.

3. On a well-floured surface, press out the dough into an 8x13-inch rectangle about ⅛ inch thick, adding rice flour as needed to prevent sticking.

4. Cutting along the long side of the rectangle, cut dough into ¼-inch-wide strips, using a pizza cutter or sharp knife.

5. Pick up the strips very carefully (a long spatula is helpful) and place them on prepared baking sheet, spacing them about ½ inch apart. Drizzle olive oil over the strips and sprinkle with herbs, coarse salt and grated Parmesan cheese (if using).

6. Place baking sheet on the center rack of preheated oven and bake 10 to 16 minutes. Bread sticks are done when nicely browned and beginning to crisp. They will firm up when cool.

Each bread stick contains 125 calories, 2g total fat, 1g saturated fat, 0g trans fat, 4mg cholesterol, 264mg sodium, 25g carbohydrate, 2g fiber, 0g sugars, 3g protein, 15 Est GL.

For **Egg-Free Breadsticks**, omit 4 egg whites from the Master Dough recipe and simply use a total of 3¾ cups water.

Recipes from Gluten-Free Artisan Bread in Five Minutes a Day, ©2014. Used with permission of the authors. For more information about this artisan bread method and flour blends, go to BreadIn5.com/GFmix. (Hertzberg and François are available at BreadIn5.com to answer questions.)



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A Simpler Thanksgiving

This elegant feast gives “quick & easy” a place at your table

There's no rule that says Thanksgiving must be complicated or that it has to leave the cook exhausted. Here's help making your holiday a lot more fun, perfectly delicious and a whole lot less stressful.

Our quick and easy menu comes with a schedule designed to keep you organized. The turkey is spatchcocked, making it incredibly juicy and quick to roast. To save time, several items can be prepared ahead. And each dish contains as many healthy ingredients as possible.

Keep in mind that even with a quick and easy menu and an organized kitchen, there's always a little bit of bustle getting a big dinner on the table all at once. But keep calm and follow our hints, schedule and recipe instructions to take the guesswork out of Thanksgiving and make preparation as smooth as possible. Everything will make it to the table on time, including you!



PHOTOGRAPHY BY TIM HOREL



The Menu

Spatchcocked Leek & Garlic Turkey
 Cranberry Orange Chutney
 Cranberry Relish
 Sweet Potato Maple Mash
 Cornbread Stuffing
 Green Bean Mushroom Sauté
 Pumpkin Butterscotch Pie



Count Down to Thanksgiving

2 Weeks Before

- ▶ Contact your guests and confirm any special-diet requests.
- ▶ Firm up your menu and review ingredient inventory.
- ▶ Check your supplies—plates, glasses, napkins, tablecloth, serving trays, pans.
- ▶ Make a shopping list of supplies, non-perishables and perishables.
- ▶ Start making room in your refrigerator.
- ▶ Make your online purchases now.
- ▶ Place your turkey order now, if necessary.

1 Week Before

- ▶ Shop for non-perishables, including cranberries, sweet potatoes and wine.
- ▶ Purchase locally available supplies needed for your dinner table and meal preparation.

3–4 Days Before

- ▶ Shop for perishables.
- ▶ Buy bread and make/buy cornbread and cut them into cubes. Leave the cubes out on your counter to dry.
- ▶ Make Cranberry Orange Chutney and/or Cranberry Relish and refrigerate.
- ▶ If your turkey is frozen, place it in the refrigerator to thaw.

2 Days Before

- ▶ Prepare (don't bake) Sweet Potato Maple Mash and refrigerate.
- ▶ Prepare the dough for the Pie Crust and refrigerate or freeze it.
- ▶ Wash and dry the herbs for garnish. Refrigerate them in zip-top bags.



PHOTOGRAPHY BY TIM HOREL

Cranberry Relish

MAKES 3 TO 4 CUPS

This relish can be prepared 5 days in advance. The longer it rests in the refrigerator, the better the flavor. Taste after a day and stir in more sugar, if necessary.

- 8 cups (2 pounds) fresh or frozen cranberries**
- ½ cup brown sugar**
- ¼–½ cup granulated sugar, to taste**
- ¼ teaspoon ground cloves**
- ½ teaspoon minced fresh ginger**
- 🍊 Zest of 2 oranges**
- ½ cup orange juice**
- ¼ teaspoon kosher salt**

- 1.** Place ingredients in the bowl of a food processor in the order listed. Pulse on and off several times until ingredients blend together and cranberries are minced into a fine dice.
- 2.** Place mixture in a large container and stir.
- 3.** Cover and refrigerate at least one day. Stir before serving. Serve chilled or room temperature.

Each tablespoon contains 16 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 10mg sodium, 5g carbohydrate, 0g fiber, 3g sugars, 0g protein, 1 Est GL

And the Final Push

Cranberry Orange Chutney

MAKES 3 TO 4 CUPS

Surprise your guests with this special chutney. Deliciously different from the usual cranberry fare, it pairs terrifically with Thanksgiving dinner and makes an excellent spread on turkey sandwiches. For more heat, add the red pepper flakes.

- 8 cups (2 pounds) fresh or frozen cranberries
- 🍷 Zest of 2 oranges
- 1 tart apple, peeled, cored and finely diced
- ½ cup pure maple syrup
- ¼ cup orange juice
- ¼ cup dried fruit, such as cranberries, raisins, chopped figs
- 3 tablespoons cider vinegar
- ½ small shallot, minced
- ½ teaspoon minced ginger
- ¼ teaspoon ground cloves
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cardamom or allspice
- ¼ teaspoon red pepper flakes, optional

1. Place all ingredients in a deep-sided medium saucepan over medium heat. Stir to combine. Bring mixture to a simmer and then lower heat and cook 20 to 30 minutes on a low simmer, stirring often. Chutney is finished when cranberries have popped, apples are soft and mixture is thick with just a little liquid remaining. When a spoon is dragged through the chutney, it should take a moment to come back together.

2. Remove from heat and let cool.

3. Place in a covered container and store in the refrigerator up to 1 week. For best flavor, serve warm or at room temperature.

Each tablespoons contains 17 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 1mg sodium, 5g carbohydrate, 1g fiber, 3g sugars, 0g protein, 1 Est GL

Sweet Potato Maple Mash

SERVES 6

This tasty side dish is easy to prepare. Small pieces of orange pair well with sweet potatoes—no one will miss the marshmallow topping. This recipe can be doubled; adjust your pan size and baking time accordingly. Make it a couple of days ahead and store in a covered container in the refrigerator. Reheat before serving.

- 3 large sweet potatoes (3 pounds)
- ¼ cup pure maple syrup
- 3 tablespoons olive oil
- 2 tablespoons orange juice
- ½ teaspoon kosher salt
- ¼ teaspoon garlic powder
- 🍷 Pinch of ground cinnamon
- 🍷 Pinch of freshly ground nutmeg, optional
- 🍷 Freshly ground black pepper, to taste
- ¼ cup fresh orange pieces (¼-inch dice)
- 1 teaspoon fresh flat leaf parsley or thyme, finely chopped, for garnish, optional

1. Preheat oven to 350°F.

2. With a sharp paring knife, poke 6 holes in each potato. Place potatoes in a microwave and cook on high 5 minutes. Remove from microwave, wrap each potato securely in foil and put on a baking sheet. Place in preheated oven and bake 35 to 40 minutes until thoroughly cooked. Cool 5 minutes.

3. Open each foil packet, slide off potato skin (careful, it's hot!) and place cooked potato into a medium bowl. Add maple syrup, olive oil, orange juice, salt, garlic powder, cinnamon and nutmeg, if using. Blend well, stirring until ingredients are incorporated.

4. Stir in black pepper. Fold in orange pieces. Place in a serving dish. Serve warm, garnished with parsley or thyme, if desired.

Each serving contains 157 calories, 7g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 231mg sodium, 24g carbohydrate, 2g fiber, 12g sugars, 1g protein, 11 Est GL

1 Day Before

- ▶ Make sure the turkey is thawed. (If not, follow USDA's cold-water thawing procedure.)
- ▶ Blanch the green beans and refrigerate.
- ▶ Make Pumpkin Butterscotch Pie and refrigerate.
- ▶ Set the table and designate your serving plates and bowls.

Thanksgiving Day

- ▶ Assign a helper to wash the prep dishes as you go for easier clean up.
- ▶ Remove the turkey from the refrigerator. Let it sit 20 minutes. Then prepare it for roasting as directed (page 69).
- ▶ While the turkey is roasting:
 - ✓ Prepare Cornbread Stuffing.
 - ✓ Remove Sweet Potato Maple Mash from the refrigerator.
- ▶ While the roasted turkey is resting:
 - ✓ Bake the Sweet Potato Maple Mash and Cornbread Stuffing.
 - ✓ Bring the relish and chutney to room temperature.
 - ✓ Make the Turkey Au Jus Sauce.
 - ✓ Sauté the mushrooms and green beans for the Green Bean Mushroom Sauté.
- ▶ Assign a helper to slice the turkey.
- ▶ Before you sit down to eat:
 - ✓ Put the pie on the counter so that it warms to room temperature.
 - ✓ Put on a pot of coffee or heat the water for tea to serve with dessert.

Cornbread Stuffing

SERVES 8 TO 10

Use a gluten-free bread with herbs (like Canyon Bakehouse rosemary-thyme focaccia) and your dressing will be the bomb. For best results, cube the bread and cornbread and let them sit out on the counter to dry out for a few days or at least overnight. This recipe can be made with egg replacement; see instructions below. For Classic Cornbread, see instructions on page 67.

Cornbread Cubes

- 1½ cups gluten-free cornmeal
- 1 cup gluten-free all-purpose flour blend of choice (page 95)
- 1 tablespoon sugar
- 2 heaping teaspoons baking powder
- 1 heaping teaspoon poultry seasoning
- ½ teaspoon kosher salt
- 🌶️ Pinch of black pepper
- ⅓ cup olive oil
- 2 large eggs
- 1 cup milk of choice

Stuffing

- ¼-⅓ cup olive oil, divided
 - 2-3 stalks celery, chopped
 - 1 yellow onion or large shallot, chopped
 - 2 cloves garlic, minced
 - 3-4 cups stale gluten-free bread of choice, cubed
 - 3-4 cups Cornbread Cubes
 - 3-4 cups gluten-free chicken or vegetable broth, room temperature
 - 2 heaping teaspoons poultry seasoning
 - 1 teaspoon kosher salt
 - ¼ teaspoon freshly ground black pepper
 - 1 tablespoon chopped fresh parsley or thyme leaves
- 1.** To make Cornbread Cubes, preheat oven to 350°F. Grease a quarter-sheet pan or a 9x13-inch pan.

- 2.** In a large bowl, whisk together cornmeal, flour blend, sugar, baking powder, poultry seasoning, salt and black pepper until combined. Make a well in the center of the dry ingredients and add olive oil, eggs and milk. Stir mixture with a wooden spoon until blended.
- 3.** Scoop batter into prepared pan and flatten into an even thin layer. Place in preheated oven and bake 15 to 18 minutes or until a toothpick inserted in the center comes out clean. Remove from oven and let cool in the pan.
- 4.** Turn cornbread onto a cutting board and cut into ½-inch cubes. Let cubes dry out a few days on the countertop or at least overnight.

- 5.** To make the stuffing, place 2 tablespoons olive oil in a sauté pan over medium heat. Add celery and onion and cook until wilted, about 5 minutes. Add garlic and sauté 30 seconds. Remove pan from heat and let vegetables cool until just warm to touch.
- 6.** Preheat oven to 350°F. Grease a large casserole dish or cast iron pan with olive oil or nonstick spray.
- 7.** Combine bread cubes and cornbread cubes in a large bowl. (Cornbread will crumble somewhat.) Add broth, poultry seasoning, salt, pepper and sautéed celery mixture and fold gently to combine. Let mixture sit 5 minutes and fold again. Most of the liquid should be absorbed.

Time Save

Save time by using store-bought gluten-free bread and cornbread or a mix.



8. Turn stuffing into prepared casserole dish, taking care not to press too hard and crumble cornbread too much. Pour whatever liquid remains over the dressing. Drizzle half remaining olive oil over the top.

9. Place in preheated oven and bake 25 to 30 minutes until top is brown and dressing is hot. Drizzle remaining olive oil over top and sprinkle with chopped parsley or thyme and serve.

Each serving contains 369 calories, 16g total fat, 3g saturated fat, 0g trans fat, 45mg cholesterol, 503mg sodium, 50g carbohydrate, 3g fiber, 5g sugars, 8g protein, 28 Est GL.

For **Egg-Free Cornbread Cubes**, omit 2 eggs. Add 1 tablespoon cornstarch or arrowroot to dry ingredients in step 2. Combine 1 tablespoon flax meal with 3 tablespoons hot unsweetened applesauce. Let cool. Use this mixture to replace 2 eggs in step 2. Batter should be moist and easy to scoop. If batter is too dry, add extra milk or water, 1 tablespoon at a time.

For **Classic Cornbread**, grease a 9x9-inch baking pan or a cast iron skillet. Use the ingredient list for Cornbread Cubes except increase the sugar to 3 tablespoons and omit both the poultry seasoning and black pepper. Bake in preheated 350°F oven for 25 to 30 minutes or until a toothpick comes clean.



Time Saver

Blanch the beans in advance and refrigerate them until you're ready to assemble the dish.

Green Bean Mushroom Sauté

SERVES 6

This healthy update on the traditional favorite side makes an elegant dish. Deglazing the mushrooms with white wine and adding a sprinkle of nutmeg gives this recipe extra flavor.

- 1 pound fresh or frozen whole green beans**
- 3 tablespoons olive oil, divided**
- 2 cups (8 ounces) sliced white or cremini mushrooms**
- 2 tablespoons white wine or gluten-free vegetable or chicken broth**
- 1 clove garlic, minced**

¼ teaspoon kosher salt

• Freshly ground black pepper, to taste

• Pinch of freshly grated nutmeg

1 tablespoon fresh flat leaf parsley, chopped, optional, for garnish

- 1.** Boil green beans in a pot of water 2 to 4 minutes until slightly cooked. Quickly plunge beans into ice water to stop the cooking.
- 2.** In a large sauté pan, heat 1 tablespoon olive oil and add sliced mushrooms. Cook until mushrooms' liquid begins to evaporate. Add wine and deglaze the pan. Stir in garlic, salt, pepper and nutmeg.

3. Remove mushroom mixture from the pan and place in a small bowl.

4. Add 1 tablespoon olive oil to the pan and quickly sauté green beans until they're just coated with oil and warm.

5. Transfer warm beans to a serving dish, lining them up neatly. Arrange mushrooms across the center of the beans. Drizzle 1 tablespoon olive oil over beans and sprinkle with chopped parsley immediately before serving. Serve warm.

Each serving contains 93 calories, 7g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 103mg sodium, 6g carbohydrate, 3g fiber, 1g sugars, 2g protein, 3 Est GL.

Dos and Don'ts

Do thaw a frozen turkey in the refrigerator (not your countertop). A 12- to 16-pound turkey will take 3 to 4 days to thaw.

Don't spatchcock the turkey ahead of time. Once you start handling poultry, it should be cooked right away.

Do dry the turkey right before roasting, especially the skin. If the skin is damp, it will steam rather than become crisp.

Don't line the roasting pan with foil. After the turkey has roasted, remove it and then deglaze the pan to make the Turkey Au Jus Sauce (page 70).

Do roast the turkey in the upper (not lower) part of the oven if you plan to cook other items in the oven at the same time. This way, the bird will brown evenly.

Don't baste a spatchcocked turkey. No need! Because it roasts directly on the herbs, it becomes infused with those spices and the flavors of the root vegetables.



Spatchcocked Leek & Garlic Turkey

SERVES 8 TO 10

This might be the best turkey you've ever tasted and it roasts in no time at all. The skin is perfectly crisp and the meat cooks evenly—no overdone breast or underdone thighs! For step-by-step instructions, see page 69.

- 2 cups rough-chopped root vegetables, such as carrots, parsnips, shallots
- 6 cloves garlic, minced, divided
- 5-6 fresh sage leaves
- 4-5 sprigs of fresh thyme
- 1 teaspoon kosher salt, divided
- ¼ teaspoon freshly ground pepper, divided
- 12-15 pound whole turkey, thawed and spatchcocked (see page 69)
- 2-4 tablespoons olive oil, divided, more for brushing pan
- 2 leeks, washed and cut into rings
- 2-3 shallots, chopped
- 2-4 tablespoons fresh thyme, sage, parsley, chopped for garnish, optional

1. Preheat oven to 375°F. Brush a rimmed half-sheet pan with oil.
2. Place chopped root vegetables, half the garlic, sage and thyme in the pan, arranging the herbs in the center and the root vegetables all over. Sprinkle with ½ of salt and pepper.

3. Place spatchcocked turkey, skin side up, on top of the vegetables and herbs. Tuck wing tips under the bird and arrange legs so that the turkey is confined inside the pan. Dry turkey skin thoroughly.
4. Brush turkey with half the oil. Generously sprinkle another ½ of salt and pepper over the bird.

5. Place leeks, shallots and remaining garlic on the bird, tucking it into crevices. Drizzle remaining oil over vegetables. Sprinkle with remaining salt and pepper.
6. Place turkey in preheated oven and cook 20 minutes. Reduce oven temperature to 350°F and roast turkey until done, about 14 minutes per pound. Begin checking the internal temperature after 80 minutes of baking time. When breast meat is 150°F and thigh meat is 165°F, turkey is done.
7. Remove turkey from oven. Cover and let it rest 20 to 30 minutes in a warm spot. Garnish with herbs, if desired, and serve with cooked vegetables and Turkey Au Jus Sauce, page 70.

Each 3-ounce serving of white meat contains 132 calories, 3g total fat, 0g saturated fat, 0g trans fat, 57mg cholesterol, 54mg sodium, 0g carbohydrate, 0g fiber, 0g sugars, 24g protein, 0 Est GL.

Each serving of white meat with vegetables contains 477 calories, 5g total fat, 1g saturated fat, 0g trans fat, 229mg cholesterol, 431mg sodium, 10g carbohydrate, 2g fiber, 2g sugars, 92g protein, 4 Est GL.

Each 3-ounce serving of dark meat contains 156 calories, 6g total fat, 3g saturated fat, 0g trans fat, 72mg cholesterol, 66mg sodium, 0g carbohydrate, 0g fiber, 0g sugars, 24g protein, 0 Est GL.

Each serving of dark meat with vegetables contains 255 calories, 10g total fat, 3g saturated fat, 0g trans fat, 104mg cholesterol, 366mg sodium, 10g carbohydrate, 2g fiber, 2g sugars, 32g protein, 4 Est GL.

How to Spatchcock a Turkey

When you spatchcock a turkey, the bird roasts quickly and evenly. Bonus: Nothing is wasted. The backbone, neck and giblets make a great stock for Turkey Au Jus Sauce, page 70.

There are three rules to a successful spatchcock turkey: The bird must be thoroughly thawed, the skin must be intact (not ripped) and the turkey must be completely dry before adding the oil and herbs. This ensures a golden-brown, crispy skin.

1

Place the breast side up and remove the wishbone by sliding a sharp paring knife around it and pulling it out with your fingers. (Be careful! The bone is likely to break and it could be sharp.)

2



Flip the turkey over. Using heavy-duty poultry shears (or knife), cut out the backbone by sliding the shears (or knife) as close to the bone as possible. Use the backbone, neck and giblets for stock.

3



Cut the breast bone down the center about ½-inch deep using a heavy-duty chef's knife. Do not tear the skin from the meat.

4



Flip the turkey over and lean on the breast bone until it cracks and flattens. This step is key. Cracking the bone means the turkey will stay flat in the oven and roast evenly.

Turkey Au Jus Sauce

MAKES 4 CUPS

Make this delicious sauce while your turkey is roasting. No one will miss the gravy.

- Turkey neck, backbone and giblets (except liver)
- 6-8 cups cold water or gluten-free chicken or vegetable broth
- 1 bay leaf
- ½ small onion or shallot, chopped
- 1 clove garlic, crushed
- 2 small carrots, rough chopped
- 2 fresh sage leaves, crushed, or ½ teaspoon dried sage
- 4 sprigs fresh thyme or ½ teaspoon dried thyme
- ¼ cup white wine, optional
- Salt and pepper, to taste

1. Place neck, backbone, giblets (not the liver—too bitter) and water or broth in a large saucepan and bring to a simmer. Add bay leaf, onion, garlic, carrots, sage and thyme and cook until broth is reduced to about 4 cups. Strain broth and set aside until turkey is roasted and out of the oven.
2. Remove turkey from its pan. Place the pan with roasted vegetables over 1 or 2 burners set on medium-low heat. Add 1 to 2 cups strained broth and wine, if using, and deglaze the pan. Simmer 1 minute.
3. Strain mixture and return liquid to sauce pan. Stir in remaining broth. Remove fat from the top. Add salt and pepper, to taste. Serve warm alongside Spatchcocked Leek & Garlic Turkey, page 68.

Pumpkin Butterscotch Pie

MAKES ONE 9-INCH PIE

This pie will have your guests asking for seconds. Caramelizing the sugar gives the pie a deep butterscotch flavor and it couldn't be easier to do. Just give it your full attention. Remember that the sugar is very hot, so follow the instructions and use a long handled wooden spoon to stir the mixture. When the milk is added, expect it to bubble up like a small volcano. This pie can be made with egg replacement; see instructions on page 72.

Pie Crust

- 2 ⅓ cups gluten-free all-purpose flour blend of choice (page 95)
- 1 tablespoon granulated sugar
- ½ teaspoon pumpkin pie spice
- ¼ teaspoon kosher salt
- ½ cup unsalted butter, cubed and chilled, or 7 tablespoons solid Spectrum non-hydrogenated shortening
- 5 tablespoons solid Spectrum non-hydrogenated shortening
- ¼-½ cup very cold water

Filling

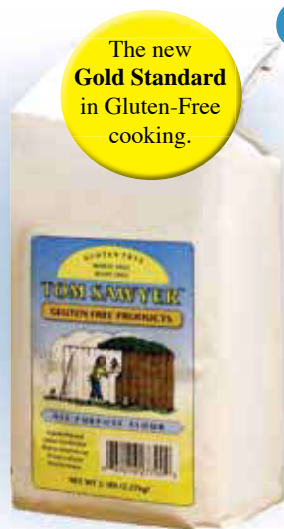
- 1½ cups milk or full-fat canned coconut milk, divided
- ¼ cup brown sugar
- ¼ cup good-quality pumpkin butter
- ⅓ cup granulated sugar
- 2 cups canned pure pumpkin puree (organic preferred)
- 3 large eggs
- 2 tablespoons gluten-free all-purpose flour blend of choice (page 95)
- 2 tablespoons dark rum, optional
- 2 heaping teaspoons pumpkin pie spice
- 2 teaspoons pure vanilla extract

1. To make the crust, place flour, sugar, pumpkin pie spice and salt in the bowl of

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Time Saver:



The pie crust can be rolled out and placed in a pie pan and refrigerated or frozen up to 4 days ahead. The entire pie can be prepared a day ahead. (The crust and cut-out cookies can be frozen and baked directly from the freezer by adding 1 to 2 minutes to the baking time.)

a food processor and pulse until blended. Add cubed butter and shortening and pulse until mixture forms uneven, coarse crumbs. While food processor is running, add cold water, a little at a time, just until mixture forms into a smeary, ragged-looking ball.

2. Turn dough out onto a sheet of plastic wrap and knead it just until it comes together. Divide dough in half, wrap in plastic and chill 2 hours or overnight.

3. Preheat oven to 350°F. Line a cookie sheet with parchment paper.

4. Roll half the chilled dough between 2 sheets of plastic wrap. Place in a 9-inch or 10-inch pie pan and crimp edges. Chill crust 15 minutes. (Dough can be rolled out and refrigerated or frozen up to 4 days ahead.) Place pan on a cookie sheet and bake it in preheated oven 15 minutes. Cool crust before adding filling.

5. Roll remaining half of chilled dough about ⅛-inch thick. (Keep dough chilled while cutting out cookies by refrigerating as needed.) Cut out 15 small leaves or decorative cookies. Place them on

prepared cookie sheet and bake in preheated oven 15 to 18 minutes or until golden brown. Remove from oven and set aside to cool.

6. To make the filling, measure out milk, brown sugar and pumpkin butter in separate small bowls to have at the ready. Then place the granulated sugar in a small saucepan with tall sides and carefully melt it over medium-low heat. As soon as it starts to liquefy, drag the dry sugar to the center using a fork. Let sugar turn brown (like an old copper

Calling All Doctors!



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penny) but watch it carefully so that it doesn't burn. (Sugar browns quickly once it starts to melt, usually under a minute.) Remove sugar from heat and immediately stir in $\frac{1}{2}$ cup milk. It will bubble up and be very hot, so use a wooden spoon with a long handle. Stir in remaining 1 cup milk, brown sugar and pumpkin butter until smooth. If caramel hardens or forms clumps when you add the other ingredients, put it back on medium-low heat and stir until mixture melts, about 2 minutes. Remove from heat and let mixture cool until you can place your hand on the bottom of the pan.

7. Place pumpkin puree and eggs in a medium bowl and combine. Add flour blend, rum, pumpkin pie spice and vanilla and whisk to incorporate. Add caramel mixture and whisk to combine.

8. Carefully pour filling into cooled crust while it's still on the cookie sheet, filling crust to the top of the pan. Pour carefully so crust doesn't break.

9. Place pie (on cookie sheet) in preheated oven and bake 15 minutes. Reduce oven temperature to 325°F and bake 35 to 40 minutes or until center is set and crust is a dark golden-brown.

10. Remove pie from oven and place on a rack to cool. Refrigerate overnight. Bring to room temperature and add cookie decorations before serving.

Each serving contains 607 calories, 30g total fat, 17g saturated fat, 0g trans fat, 153mg cholesterol, 167mg sodium, 75g carbohydrate, 4g fiber, 34g sugars, 8g protein, 48 Est GL.

For Egg-Free Pumpkin Butterscotch Filling, omit 3 eggs. Mix 3 tablespoons cornstarch into $\frac{1}{4}$ cup cooled caramel liquid and blend well. Add the balance of caramel liquid, mixing well before adding to pumpkin puree in step 7. After baking, let pie cool and refrigerate 2 hours so pie can firm up. Serve chilled or at room temperature.

For Sweet Potato Butterscotch Pie, substitute an equal amount of canned sweet potato puree for the pumpkin puree.

Shopping List

For gluten-free and allergy-friendly ingredients, check out these resources.

Bread Mix

1-2-3 Gluten Free

123glutenfree.com

Glutino

glutino.com

King Arthur Flour

kingarthurfLOUR.com

Mina's Purely Divine

minasgf.com

Schär

schar.com

Canned Pumpkin

Farmer's Market Foods

farmersmarketfoods.com

Cornbread Mix

Bob's Red Mill

bobsredmill.com

Pamela's Products

pamelasproducts.com

Pumpkin Butter

Kozlowski Farms

kozlowskifarms.com

Trader Joe's

traderjoes.com

Pumpkin Pie Spice

Penzey's

penzeys.com

Herb Bread & Focaccia

Canyon Bakehouse

canyonglutenfree.com

Schär

schar.com

Not every product sold by every company listed is gluten-free or allergy-friendly. Read labels carefully. When in doubt, confirm ingredients directly with the manufacturer.

Lisa Stander-Horel (glutenfreecanteen.com) is author of Nosh on This: Gluten-Free Baking from a Jewish American Kitchen (The Experiment Publishing).

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Gluten-Free, Sugar-Free Favorites

A taste of the Paleo & Anti-Candida Diets. Is either right for you?



We can't deny it any longer: Rates of chronic disease in the United States and Canada are skyrocketing. Even as our health declines, a plethora of new diets has appeared, all designed to treat or cure what ails us. While some of these plans are questionable at best, others have garnered huge followings or even received nods from the medical establishment.

The Paleo (short for Paleolithic) approach has gained a broad following in recent years and finally hit the mainstream with the publication of popular Paleo cookbooks like Danielle Walker's *Against All*

Grain. Similarly, you may have heard rumblings about the Anti-Candida Diet (ACD). This is an eating plan and protocol devised to reduce yeast overgrowth in the body, often a consequence of too much sugar in the diet. People with excess *candida albicans*, a normally benign form of yeast, suffer symptoms that range from foggy thinking to recurrent yeast infections to overwhelming sugar cravings. The ACD works to return the levels of candida back to

normal so that these symptoms subside.

What these two gluten-free (and often grain-free) diets have in common is a focus on real foods and elimination of processed products. Both programs are also free of refined sugar and they tend to focus on animal products as the primary source of protein.

Yet what works for Paleo may not work for the ACD. Both diets evolved from a desire to alleviate disease, but the broader Paleo approach focuses on inflammatory conditions like diabetes, heart disease and autoimmune diseases. The anti-candida diet, as the name implies,

is designed to redress the specific condition of candida overgrowth. Of course, people on an ACD protocol often see improvement in other chronic conditions as well, but that's not the primary goal of the program.

Both diets encompass more than food alone. They also include lifestyle factors and daily living practices.

Each diet is based on a specific premise. Paleo, for instance, is based on the notion that our Paleolithic ancestors ate only whole, natural foods they could find by hunting and gathering. It promotes healing with unprocessed foods, sufficient relaxation and exercise. An anti-candida diet, on the other hand, is designed to either kill excess yeast or prevent further yeast overgrowth. Along with specific food choices, the ACD lifestyle accomplishes this goal via practices to reduce toxins in the environment and stress reduction, among other things.

But both diets allow a wide range of healthy ingredients that make for delectable recipes and meals. Here's how to distinguish key similarities and differences between the two diets and determine if one is right for you.

Paleo: What Did Cavemen Eat, Exactly?

According to most Paleo advocates, our diet has changed so much since the Paleolithic era that our cave-dwelling ancestors would not recognize most of what passes as food today. (Woolly mammoth nuggets, anyone?)

With the advent of agriculture 10,000 years ago and the subsequent move to large-scale

industrial food production, Paleo advocates believe the human digestive system has been unable to adapt quickly enough to the changes in our food supply. In addition, we've fiddled so much with the basic foods our hunter-gatherer ancestors ate



*Chocolate Fudge Bites,
page 80.*

that we've stripped them of much of their original nutritional value. Paleo supporters contend that our ever-increasing list of chronic, inflammatory health complaints can be attributed in large part to the unnatural shift in our diet toward processed foods.

The most direct route to restore our body's natural (healthy) state, they reason, is by returning to a diet as close as possible to the one our Paleolithic ancestors ate. A Paleo diet, therefore, includes the foods cavemen were able to find and consume on their own—vegetables, fruits, nuts, seeds, meat, fish and the fats naturally found in those foods. Because our Paleo ancestors had no modern agriculture or processing methods, the diet excludes foods like grains (although some versions allow small amounts); beans/legumes; and anything highly processed (canned, boxed or prepared foods). In other words, forget about your favorite packaged gluten-free cookies, cakes, donuts, canned soups or Chinese takeout.

Bottom Line Detractors criticize the strict Paleo diet for excluding whole grains and legumes, but the Paleo approach has undoubtedly helped many people improve their overall health. It's a "clean" eating plan that focuses on unprocessed foods and lots of fresh produce. Any diet that reduces sugars and processed food while upping the veggie quotient is a good thing. These changes alone can prompt huge shifts in physical wellness for many people. The Paleo approach is naturally gluten-free, so it's useful for those with celiac disease.

Anti-Candida Diet: Targeting a Fungal Invader

While there's definitely some overlap between Paleo and the ACD (both are naturally low carb and promote whole foods), the ACD differs from Paleo in some important ways. In designing an anti-candida diet, there's only one question behind every ingredient choice: Will eating this way encourage or discourage yeast growth? As a result, there is no single "absolute" anti-candida diet. Theories about what is an appropriate food to help treat the condition have morphed in recent decades as our knowledge of yeast evolves and yeast overgrowth becomes more recognized.

In general, most anti-candida diets must meet two important criteria: they cannot feed (and perhaps will even destroy) excess yeast in the body, so that levels can return to normal. And they must support the immune system, either directly by healing the gut (which is where 70 percent of our immune system resides), or indirectly by taking some stress off the immune system. After an initial rigorous period, the dietary restrictions ease up somewhat. But anyone who's suffered with candida in the past is advised to avoid refined sugars and flours indefinitely.

Candida yeast loves sugar as much as we do. In fact, sugar is candida's favorite food. Consequently, anti-candida diets remove all refined sugars and sweeteners that might feed the yeast. Exceptions are sweeteners that don't impact blood sugar levels, such as stevia or xylitol. The diet also nixes most fruits (since they contain high natural sugars); moldy foods (peanuts, pistachios, mushrooms and the like); fermented foods that rely on sugar for fermentation (sorry, alcohol gets the boot, as do most vinegars

“

What these two gluten-free diets have in common is a focus on real food.”



*"Sour Cream" & Onion Kale Chips,
page 79.*

and non-refrigerated sauerkraut and pickles; naturally lacto-fermented foods are fine); processed foods and highly allergenic foods that stress the immune system (gluten, dairy, eggs, caffeinated items), plus a few others. Many anti-candida diets also cut out all grains and legumes in the early stages, since these items may be considered too starchy.

Lifestyle factors are crucial to a successful anti-candida diet. Dealing with stress and detoxifying the body and environment are two key components of the protocol. The ACD approach also suggests specific treatment through

herbal and natural supplements and, sometimes, prescription anti-fungal medicines.

Bottom Line This diet is useful for anyone who's been diagnosed with candida or diabetes and anyone wishing to reduce their intake of refined sugars. As with a Paleo approach, the ACD provides an abundance of vegetables and whole foods. While grains and legumes are permitted, only gluten-free grains make the cut. So the diet is suitable for those with celiac disease and will likely help those with undiagnosed food sensitivities or allergies. Note: If you've been diagnosed with candida, following the diet is absolutely essential for a full recovery.

The major criticism of the ACD comes from the realm of allopathic (conventional) medicine, which doesn't yet acknowledge "candida" as a bona fide diagnosis. In fact, allopathic and alternative practitioners are referring to two very different conditions when they discuss "systemic candida," which may account for this rift. To alternative or holistic health professionals, candida overgrowth refers to an overabundance of the organism throughout the digestive tract and the myriad symptoms that accompany this imbalance in the body. Among conventional practitioners, however, a diagnosis of "systemic candidiasis" refers to candida that has further infiltrated several organ systems in the body—a critical and potentially deadly situation. Only in recent years have some conventional physicians begun to recognize "candida overgrowth" as a chronic and debilitating condition that's much more widespread than classic "candidiasis."

The following recipes are well-suited to both diets with some modifications as noted.

ACD-Friendly

Raw Chocolate Chip Cookie Dough Truffles

MAKES ABOUT 30 TRUFFLES

If you like raw cookie dough, you'll love this recipe. High-protein "secret" ingredients (chickpeas and seed butter) give them a hefty nutritional punch. For a chocolate-coated treat, dip these truffles in melted chocolate. If you omit the coconut sugar, add more stevia, to taste.

Truffles

- 1 cup cooked chickpeas or white beans, drained
- 3 tablespoons smooth sunflower seed butter or nut butter
- 2 tablespoons coconut sugar
- 1 tablespoon coconut oil
- 1 teaspoon ground cinnamon
- 2 teaspoons pure vanilla extract or 2 teaspoons vanilla powder
- ⅛ teaspoon pure stevia powder or ¼ teaspoon vanilla or chocolate pure liquid stevia, to taste
- ⅓ cup carob chips, chocolate chips or cacao nibs
- 3 tablespoons coconut flour
- 3 tablespoons plain or vanilla unsweetened almond milk or coconut milk
- 2½ tablespoons unflavored or vanilla raw protein powder (pea or rice)
- 🌿 Pinch of fine sea salt

Chocolate Coating

- ½ cup raw cacao powder
- 6 tablespoons coconut oil
- 1 teaspoon vanilla powder or 2 teaspoons pure vanilla extract
- ¼-½ teaspoon pure stevia powder or ½-1 teaspoon pure liquid stevia, more to taste

1. To make truffles, process chickpeas, seed butter, coconut sugar, coconut oil, cinnamon, vanilla and stevia in the bowl of a food processor until very smooth. Add coconut flour, almond milk, protein powder and salt and process until mixture comes together in a very soft dough. (If using chips or cacao

nibs, stir them into the dough by hand.) Scoop dough by the tablespoon and place the mounds on a cookie sheet. Freeze until just firm. Then roll into balls. Store uncoated truffles in a covered container in the refrigerator up to 4 days or freeze for longer storage.

2. To make chocolate coating, place cacao powder, coconut oil, vanilla and stevia in the top of a double boiler. Gently heat ingredients, stirring frequently until mixture is melted and smooth. Remove from heat.

3. To coat truffles, place a ball of dough on a fork and dip it into melted chocolate to cover. Tap the fork against the rim of the pan so that excess chocolate drips through the tines and back into the melted chocolate. Slide truffle off fork onto cookie sheet. Repeat to coat remaining truffles.

4. Return cookie sheet to the freezer and chill truffles just until firm. For a thicker chocolate coating, repeat the dipping process.

5. Store truffles in a closed container in the refrigerator up to 5 days. May be frozen.

Each truffle without chocolate coating contains 41 calories, 5g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 10mg sodium, 4g carbohydrate, 1g fiber, 2g sugars, 2g protein, 2 Est GL.

Each truffle with chocolate coating contains 73 calories, 5g total fat, 4g saturated fat, 0g trans fat, 0mg cholesterol, 10mg sodium, 5g carbohydrate, 2g fiber, 2g sugars, 2g protein, 2 Est GL.

Recipe from Living Candida-Free by Ricki Heller. Reprinted with permission from Da Capo Lifelong ©2015.





Paleo-Friendly & ACD-Friendly

Grain-Free Pizza Crust

MAKES 4 TO 6 SERVINGS

The trick to creating a grain-free crust that holds up well is giving it sufficient time to bake before adding the sauce. This thin crust is delicious with your favorite toppings. It can be frozen.

- 1 cup raw pumpkin seeds (pepitas)
- 1/3 cup coconut flour
- 2 tablespoons ground chia seeds

- 1 clove garlic, chopped
- 1 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 1 cup gluten-free vegetable broth
- 1 tablespoon apple cider vinegar

1. Preheat oven to 350°F. Line a large cookie sheet with parchment paper.
2. In the bowl of a food processor, place pumpkin seeds, coconut flour, chia seeds, garlic, baking soda and salt and process until mixture attains the texture of a

fine meal, like cornmeal. Add broth and vinegar and process to combine. Batter will be thin. Let sit 1 minute to thicken slightly.

3. Turn batter onto prepared cookie sheet and spread it with a spatula to 1/4- to 1/2-inch thickness (8 to 10 inches in diameter). Pat the top with your hand to ensure a flat, uniform texture.

4. Place in preheated oven and bake until dry and lightly browned, about 25 to 30 minutes. Rotate the pan once about halfway through baking.

5. Remove from oven and place desired toppings over crust. Return to oven and bake an additional 15 to 20 minutes until heated through. Cut and serve.

Each serving contains 179 calories, 13g total fat, 3g saturated fat, 0g trans fat, 0mg cholesterol, 324mg sodium, 10g carbohydrate, 4g fiber, 2g sugars, 8g protein, 1 Est GL.

Recipe from Living Candida-Free by Ricki Heller. Reprinted with permission from Da Capo Lifelong, © 2015.

Paleo-Friendly & ACD-Friendly

"Sour Cream" & Onion Kale Chips

MAKES 4 SERVINGS

If you're not on the kale bandwagon yet, these chips will win you over. They're addictive! Luckily, they're nutritious, delivering a serving of your daily leafy greens. Store in an airtight container at room temperature up to 1 week.

- 1/3 cup macadamia nuts, raw
- cashews or raw sunflower seeds
- 1/3 cup raw hemp seeds (hemp hearts)
- 1/3 cup filtered water
- 1/2 large onion, chopped
- 3 tablespoons freshly squeezed lemon juice
- 2 teaspoons raw apple cider vinegar
- 1/8 teaspoon fine sea salt or to taste

5 drops plain pure liquid stevia or to taste

1 large head curly kale, stems removed, washed and dried

1. Preheat oven to 180°F. (If your oven doesn't go this low, preheat at its lowest setting.) Line 2 cookie sheets with parchment paper.

2. Place macadamia nuts, hemp seeds, water, onion, lemon juice, vinegar, salt and stevia in the bowl of a powerful food processor or blender and process until mixture is perfectly smooth and creamy (like thick pancake batter).

3. Place kale leaves in a large bowl. (If your bowl isn't big enough, divide kale into batches.) There's no need to tear leaves into smaller pieces unless you want really small kale chips.

4. Pour blended mixture over the leaves and toss with clean hands until leaves are evenly coated.

5. Arrange leaves in a single layer on prepared cookie sheets.

6. Place in preheated oven and bake 1 hour. Remove from oven and flip leaves over. Bake an additional hour and check for doneness. Remove any leaves that are perfectly dry and brittle and let cool. Return remaining chips to the oven and bake another 20 minutes or so. Continue to remove leaves as they're done. Bake moist leaves an additional 20 minutes until all chips are dry and crispy.

Each serving contains 207 calories, 15g total fat, 2g saturated fat, 0g trans fat, 0mg cholesterol, 62mg sodium, 14g carbohydrate, 4g fiber, 2g sugars, 8g protein, 4 Est GL.

TIP If using a dehydrator instead of the oven, dehydrate the chips at 115°F for 10 to 14 hours until dry and crisp.

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PHOTO OF CHIPS ON FLAT TRAY BY NICOLE AXWORTHY



What do you know about Celiac Disease?
(probably less than you think)

celiac.org

818.716.1513

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Paleo-Friendly & ACD-Friendly

Chocolate Fudge Bites

MAKES 12 COOKIES

If a chocolate brownie had a love child with a hunk of fudge, it would be these cookies. Dense, chewy and ultra-fudgy, these grain-free bites can be eaten with impunity on a Paleo and anti-candida regime. This recipe can easily be doubled.

- ½ cup xylitol
- ⅔ cup natural smooth cashew butter or sunflower seed butter
- ¼ cup coconut flour
- ¼ cup unsweetened almond milk (for strict Paleo, it must be homemade) or coconut milk
- 2 heaping tablespoons unsweetened cocoa powder
- 2 tablespoons yacon syrup,* pure maple syrup or coconut sugar
- 1 tablespoon pure vanilla extract
- 1 teaspoon baking powder
- ¼ teaspoon fine sea salt

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper.
2. In a coffee grinder or blender, process xylitol into a powder.
3. In the bowl of a food processor, place xylitol, cashew butter, coconut flour, almond milk, cocoa powder, yacon syrup, vanilla, baking powder and salt and process until smooth. Let batter sit 2 to 3 minutes to thicken slightly. It will be very soft, like frosting consistency.
4. Using a tablespoon or small ice cream scoop, scoop batter and place it onto prepared cookie sheet. Spread batter gently with the back of a spatula until each cookie is about ½-inch thick.
5. Place cookies in preheated oven and bake until dry on the outside but still soft to the touch, 10 to 13 minutes. Rotate the pan halfway through baking.

6. When done, remove cookies from oven. Let cool completely before removing from pan. Store, covered, in the refrigerator up to 3 days. May be frozen.

Each cookie contains 119 calories, 7g total fat, 2g saturated fat, 0g trans fat, 0mg cholesterol, 89mg sodium, 8g carbohydrate, 2g fiber, 2g sugars, 3g protein, 2 Est GL.

***TIP** Pure maple syrup and coconut nectar are not allowed on either a strict Paleo diet or ACD; however, they can be substituted for yacon syrup without impacting the success of this recipe.

Recipe from Living Candida-Free by Ricki Heller. Reprinted with permission from Da Capo Lifelong, © 2015.

Food blogger Ricki Heller, PhD, RHN (rickiheller.com) is author of Naturally Sweet & Gluten-Free, Sweet Freedom and Living Candida-Free: 100 Recipes and a 3-Stage Program (Da Capo Lifelong).



Tell Me More

Check out these classics about the Paleo diet.

The Paleo Diet

by Loren Cordain, PhD

The Paleo Solution: The Original Human Diet

by Robb Wolf & Loren Cordain, PhD

For more about candida, check out these books.

Beyond the Yeast Connection

by Warren Levin & Fran Gare

Living Candida-Free

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Gluten & GERD

Can the gluten-free diet cure reflux?

Several years ago, Atlanta-based gastroenterologist Cynthia Rudert, MD, treated a 26-year-old woman with gastroesophageal reflux disease or GERD.

"Her case was really severe," says Rudert. "She had been on very high doses of acid-blocking medications and had even undergone drastic surgery where the top of her stomach had been wrapped around the bottom of her esophagus to tighten it so the acid wouldn't reflux up."

Continuing to have symptoms, the young woman came to Rudert because of gas, bloating and recurrent reflux. Rudert tested her for celiac disease and the results were positive.

"Her reflux cleared completely on the gluten-free diet. I suspect she never needed the surgery," Rudert says.

GERD is a common disorder with a whopping 20 percent of Americans estimated to have it. Although most of these don't have celiac disease, Rudert observes that GERD can stem from undiagnosed celiac disease and non-celiac gluten sensitivity.

"I've seen countless individuals who have a total resolution of their reflux once they go gluten-free," she says. "Others on acid suppression medications are

able to taper off and eventually discontinue the medicines."

Rudert says it's not unusual to see patients with GI complaints who have been taking acid suppression medications for more than ten years. No one's thought to address whether there's an underlying cause of their GERD, she says.

How Does Celiac Trigger GERD?

GERD is on the lengthy list of symptoms that can be caused by undiagnosed celiac disease. But only a handful of studies have homed in on the celiac-GERD link.

It's not entirely clear that people with celiac disease suffer more GERD than the general population, says Daniel A. Leffler, MD, MS, director of research at The Celiac Center at Beth Israel Deaconess Medical Center in Boston. "But on the other hand, as clinicians we've all seen patients with celiac disease whose reflux seems to get better with treatment of the gluten-free diet."

According to one theory, celiac individuals develop GERD because of abnormal motility in the GI tract.

“It’s not unusual to see patients with GI complaints who have been taking acid suppression medications for more than ten years. No one’s thought to address whether there’s an underlying cause of their GERD.”

“When the small intestine is injured [in celiac disease], the normal passage of food from top to bottom doesn’t go as smoothly,” explains Leffler. This is why people can have vomiting as a symptom of celiac disease. “It’s also possible that GERD could result from more generalized effects of gluten over the entire intestine, not just the small intestine. It’s been documented that changes even occur in the rectum of celiac disease patients. There may be changes occurring in the esophageal lining that make people with celiac disease more sensitive to reflux that normally happens.”

What If You Don’t Have Celiac Disease?

Everyone experiences reflux to some degree.

“As part of normal digestion, the esophagus opens and closes and some of the stomach contents will reflux up,” says Leffler. “How much people sense this reflux and whether it happens a lot or a little plays into how much of a problem it is.”

When reflux symptoms occur frequently (think: multiple times a week, not multiple times a year), GERD is the likely culprit. Special tests typically aren’t done to make the diagnosis. Relief of symptoms on an acid-blocking medication is generally considered confirmation of GERD.

However, lifestyle changes, like losing weight, eating slowly and avoiding food right before bed, should be tried first since they can make a big difference, says Leffler. In addition, some people say it helps to avoid carbonated beverages, alcohol and certain foods like chocolate, mint, coffee, tomato-based foods and citrus fruits.

Professional opera singer, Rachel Smith,* 43, initially tried to relieve her GERD by eliminating acidic foods from her diet. “People in my field don’t like to talk about having GERD because they’re afraid they won’t get hired. All that acid backing up in the throat can ruin your voice and singing career,” says Smith, who also took acid-blocking medications. When that didn’t help, she

turned to various cleanses and, later, a raw food diet. But nothing quelled the painful heartburn until she eliminated gluten at the suggestion of a naturopath. (She was also told to banish sugar.)

In a matter of weeks, Smith’s ten-year struggle with GERD was over. Gradually, she was able to wean herself off all reflux medication. Today, Smith, who doesn’t have celiac disease, is strictly gluten-free. Outside of pregnancy, her GERD resurfaces only when she veers off the gluten-free diet. She has blogged about her reflux story and says that many of her readers report the gluten-free diet cured their reflux. (Some say eliminating dairy helped ease their reflux, too.)

Although the anecdotal evidence is compelling, research doesn’t yet support the gluten-free diet as treatment for reflux.

“Whether the gluten-free diet can help reflux symptoms in people without celiac disease or in those with gluten sensitivity hasn’t, to my knowledge, been studied,” says Leffler, adding that “it’s not unreasonable to try a gluten-free diet to see if it helps.”

Editor’s note: Experts strongly advise testing for celiac disease before going gluten-free. Tests require regular gluten in the diet to be accurate.

Healthy vs GERD

HEALTHY
The sphincter muscle at the lower end of the esophagus is closed, preventing stomach acid from refluxing up.



Source: mayoclinic.org

Health editor Christine Boyd lives in Baltimore.

Tell Me More

For resources and information on GERD, as well as celiac disease and gluten sensitivity, contact these organizations.

Celiac Disease Foundation
celiac.org

Gluten Intolerance Group
gluten.net

IFFGD
aboutgerd.org

National Foundation for Celiac Awareness
celiaccentral.org

Symptoms of GERD

Sometimes GERD doesn’t cause any outward symptoms. However, chronic heartburn is the most common complaint of GERD, followed by acid regurgitation (refluxed material into the mouth). Other symptoms can include:

- Belching
- Difficulty or pain when swallowing
- Waterbrash (sudden excess of saliva)
- Dysphagia (the sensation of food sticking in the esophagus)
- Chronic sore throat
- Laryngitis
- Gum inflammation
- Erosion of tooth enamel
- Chronic throat irritation
- Hoarseness in the morning
- A sour taste
- Bad breath

*Not her real name.

Research Roundup

The latest medical news for people with allergies and food sensitivities



Autoimmune Risk in Gluten Sensitivity

New research suggests people with non-celiac gluten sensitivity may be just as prone to autoimmune disorders as those with celiac disease. The study found 29 percent of gluten-sensitive folks and 29 percent of celiacs developed additional autoimmune disorders, mainly thyroid disease. By comparison, just 4 percent of those with irritable bowel syndrome (IBS) developed an autoimmune condition.

Although little is definitively known about gluten sensitivity, celiac experts didn't think it increased the risk of developing autoimmune disorders. More research is needed to corroborate the new findings and to understand their implications. Results were published in May 2015 in *Gastroenterology*.

Celiac Disease and Your Liver

New research has shown that a disorder called non-alcoholic fatty liver disease (NAFLD) is three times more common in individuals who've been diagnosed with celiac disease. NAFLD refers to the accumulation of fat in the liver due to causes other than excessive alcohol use. NAFLD is often symptomless but it can cause weight loss, fatigue and pain in the upper right abdomen. In severe cases, it can lead to inflammation and scarring of the liver. According to the new study, treatment with the gluten-free diet seemed to reduce the risk of NAFLD but some risk remained even 15 years after a celiac diagnosis and going gluten-free. Findings were published in June 2015 in the *Journal of Hepatology*.

Spouses of Celiacs

In a surprising new finding, Swedish researchers say the risk of autoimmune diseases like lupus, type-1 diabetes and sarcoidosis is not only higher in first-degree relatives of people with celiac disease but also in their spouses. About 10 percent of first-degree relatives develop celiac disease but little was known about their risk of other autoimmune diseases and it was assumed spouses were at no higher risk of autoimmunity.

According to the new study, which pulled data from a Swedish health registry, 4 percent of relatives and spouses developed a non-celiac autoimmune disease compared to 3 percent of control subjects' relatives. Shared genetics help explain the increased autoimmune risk in relatives but it's unclear why spouses may have a higher risk. One theory is that spouses share microbiome characteristics with their partner, which might impact the risk of developing other autoimmune diseases. The study was published in July 2015 in *Clinical Gastroenterology and Hepatology*.

New IBS test

Researchers from Cedars-Sinai Hospital in Los Angeles say a form of irritable bowel syndrome (IBS) called diarrhea-predominant IBS (D-IBS) can be diagnosed quickly with a new blood test. Until now, doctors had to rule out other conditions like inflammatory bowel disease (IBD) and celiac disease before diagnosing IBS. The new test detects the presence of two antibodies in the blood that react to toxins implicated in food poisoning. Research has shown foodborne bacterial infections are an important cause of IBS. In a large study with the new test, the two antibody levels were significantly higher in D-IBS participants than in those with IBD, celiac disease or no digestive complaints.

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Interestingly, one of the two antibodies detected by the test was increased in study participants with celiac disease. Since IBS is the second most common cause (after gluten exposure) of non-responsive celiac disease, researchers say the test could potentially be useful in differentiating celiac individuals who also have IBS from those with ongoing, inadvertent gluten in the diet. The research was published in June 2015 in *PLOS ONE*.

Note: Previous research indicates that a gluten-free diet can help reduce symptoms in patients with D-IBS.

Help for Social Anxiety

College students who ate more fermented foods reported fewer social anxiety symptoms, like sweaty palms and a racing heart, according to research conducted at the College of William and Mary in Virginia. In the study, 710 “Introduction to Psychology” students were surveyed about their personality traits, social anxiety and recent consumption of fermented foods (e.g., yogurt, kefir, fermented soy milk, miso soup, raw sauerkraut). Students who benefitted the most from fermented foods were those described as having a tendency toward “neurotic” personality traits, which include more moodiness and emotional lows.

Researchers think the probiotics in the fermented foods may favorably change the environment in the gut, which in turn may reduce social anxiety.

Prior studies have looked at connections between probiotics and anxiety but this is the first naturalistic (i.e., non-manipulated) look at fermented foods and social anxiety. More rigorous studies are needed before researchers can definitively say fermented foods help improve social anxiety. Meanwhile, William and Mary researchers are planning other studies that look into the mind-gut connection, including an investigation into whether a correlation exists between fermented food intake and autism symptoms. The new study was published in August 2015 in *Psychiatry Research*.



Early Peanut Introduction

Recently a landmark study found early introduction of peanuts—as early as 4 months of age—slashed the risk of peanut allergy in high-risk tots by as much as 80 percent. High-risk infants were defined as those with early-onset eczema or egg allergy. (Also included in the high-risk camp were youngsters who had positive peanut skin prick tests but were not yet symptomatic.)

Now the American Academy of Allergy, Asthma & Immunology (AAAAI) has released a statement aimed at healthcare providers suggesting they encourage the introduction of peanut-containing products to high-risk infants between 4 to 11 months of age.

Whether children at lower risk of peanut allergy may benefit from early peanut introduction isn't yet clear. More extensive food allergy guideline updates are expected soon from the National Institute of Allergy and Infectious Diseases (NIAID). Meanwhile, parents should discuss the optimal timing of peanut introduction with their child's healthcare provider.

Note: Keep in mind that whole peanuts are a choking hazard and aren't recommended before age 4. Read more at aaaai.org.

“

Early introduction of peanuts slashed the risk of peanut allergy in high-risk tots by as much as 80 percent.”

Arthritis in Kids

Arthritic symptoms in kids can be a sign of undiagnosed celiac disease, according to a new study. Researchers at the Hospital for Special Surgery in New York City determined that 2 percent of youngsters treated for arthritic symptoms over a six-year period actually had undiagnosed celiac disease. (That's about double the expected rate.) Most of these children didn't have classic celiac symptoms like abdominal pain, weight loss and short stature. Fortunately, treatment with the gluten-free diet resolved arthritic symptoms for many of the celiac children.

Researchers say musculoskeletal symptoms should be added to the list of symptoms that trigger screening for celiac disease. Prompt detection of celiac disease can help deter celiac-related complications like low bone density, as well as the dangers of unnecessary immunosuppressive therapy for arthritis. Findings were published in June 2015 in *Pediatrics*.

ER Visits for Anaphylaxis

Emergency room visits for food allergy anaphylaxis in kids are on the rise, according to a study that tallied emergency room trips at 200 Illinois hospitals between 2008 and 2012. Hispanic children, who previously had the lowest reported cases of food allergies, had the biggest jump in emergency room visits and hospitalizations with an average increase of 44 percent per year. Visits by African American and white children were up an average of 30 percent per year.

Results show food allergy impacts children of all races, researchers say. They stress that timely diagnosis of food allergy and education about recognition and management of severe reactions are critical.

In the study, the most common allergies causing emergency treatment for

all children were tree nuts, peanuts and milk. Study results were published in June 2015 in the *Annals of Allergy, Asthma and Immunology*.

More About Anaphylaxis

In related research, also published in the *Annals of Allergy, Asthma and Immunology*, a study found 15 percent of children taken to the emergency room for anaphylaxis had a second reaction hours later. About half of secondary reactions were considered serious and required treatment with epinephrine.

Secondary reactions occur when the initial symptoms of an allergic reaction go away but then return hours later without re-exposure to the allergen. In the study, a more severe first reaction upped the possibility of a second reaction.

Administer epinephrine at the first sign of a severe allergic reaction and when in doubt, give a second dose, say researchers, who recommend having two doses of epinephrine on hand at all times.

Note: An emergency room visit for anaphylaxis should be followed up with a visit to an allergist. To locate an allergist in your area, visit acaai.org.

Health editor Christine Boyd lives in Baltimore, MD.



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FROM CARE TO CURE

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A Closer Look at Probiotics

What's the right type? Is it truly gluten-free?
Here's how to determine the probiotic
supplement that's best for you

The term probiotic refers to both dietary supplements—tablets, capsules, powders, lozenges and gums—and foods like yogurt and other fermented products that contain beneficial or “friendly” bacteria. *Lactobacillus* and *Bifidobacterium* are two of the most common types of probiotic bacteria. But there are many others—and many different sub-species and strains.

Probiotics are described by their genus, species and strain names (for example, *Lactobacillus acidophilus* DDS-1). The strain designation, which is usually a combo of letters and numbers, is your key to identifying the specific strain.

The selection of probiotic supplements is dizzying. Here's how you can find the best one for you—and how to make sure it's gluten-free.

1. Pick Your Strain

In principle, probiotics can promote good health by correcting imbalances in the gut microbiome, the vast ensemble of microorganisms living in our intestines. But probiotics aren't one size fits all. Each probiotic has its own benefits, which are inherent to its particular strain.

“If you have IBS, be sure you're taking a product with strains that studies document are associated with benefits for IBS,” says Mary Ellen Sanders, PhD, an expert on probiotic microbiology and the executive science officer at the International Scientific Association for Probiotics and Prebiotics. “If you're looking for general support of the function of your normal gut microbes, you probably don't have to worry as much about the specific strain.” Sanders recommends eating a variety of fermented foods that contain live microbes. Her top picks include kefir, yogurt, miso, raw kimchi and raw sauerkraut.

2. Choose Your Dose

The strength or potency of probiotic supplements is described as the number of colony forming units or CFUs. A CFU is a measure of how many bacteria are able to divide and form the same group or colony of bacteria. Most research studies have examined doses in the range of 1 to 20 billion CFUs per day. Your healthcare provider can recommend the best dose for you.

Ideally, probiotic manufacturers will label the number of CFUs expected at the end of the supplement's shelf life, assuming it's stored properly. However, some probiotics may be labeled with CFUs at the time of manufacture. Check expiration dates and be sure to refrigerate your probiotic if indicated.

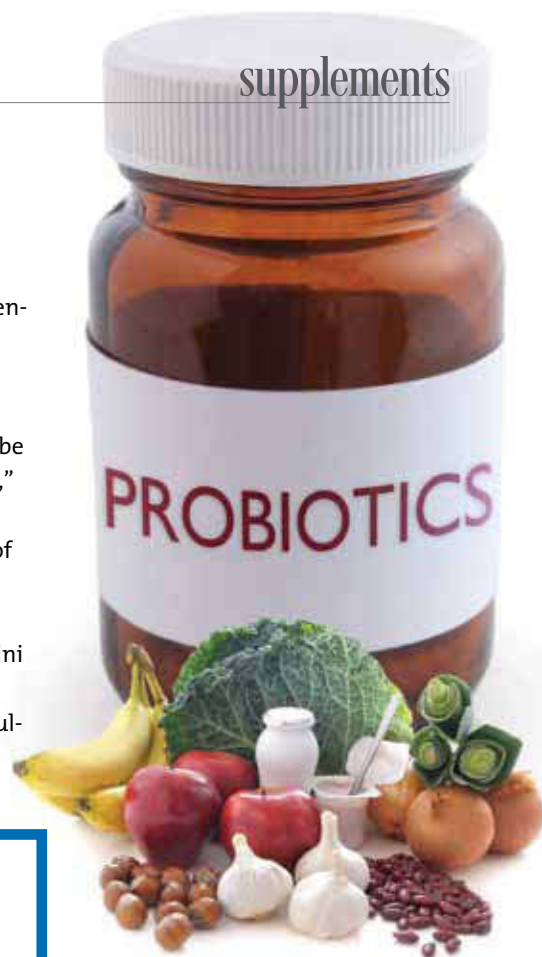
Note: CFU counts don't always appear on yogurt and other fermented food labels.

3. Check for Gluten

Recently, a study from Columbia University in New York caused consternation in the gluten-free community when it reported there could be traces of gluten in some probiotics. In this study, researchers sampled 22 top-selling probiotic brands, including 15 that were labeled gluten-free. Half of them contained detectable amounts of gluten and two brands, which weren't named, contained more than 20 parts per million (ppm) of gluten, the threshold set by FDA for gluten-free labeling.

Although it's unacceptable for a gluten-free labeled product to exceed 20 ppm, don't panic, say celiac experts.

"No product had more than 100 ppm gluten and only 2 of the 15 claiming to be gluten-free had levels of 20 to 100 ppm," notes Stefano Guandalini, MD, founder and medical director of The University of Chicago Celiac Disease Center, who was not involved in the study. While these gluten levels may sound high, Guandalini says the risk to individuals with celiac disease is minimal, even if one takes multiple probiotic capsules a day.



CHOOSING THE RIGHT PROBIOTIC

Health Benefit	Probiotic Strain*
Reduced risk of antibiotic-associated diarrhea and treatment of pediatric diarrhea	<ul style="list-style-type: none"> ▶ <i>Saccharomyces boulardii</i> lyo (Florastor). Also effective for traveler's diarrhea. This is a yeast probiotic. ▶ <i>L. rhamnosus</i> GG (Culturelle)
Reduced colic symptoms (crying)	<ul style="list-style-type: none"> ▶ <i>L. reuteri</i> DSM 17938 (BioGaia)
Reduced risk of developing atopic dermatitis when administered to pregnant mothers/infants through 6 months. Findings didn't extend to food allergy.	<ul style="list-style-type: none"> ▶ <i>L. rhamnosus</i> GG (Culturelle)
Helps suppress <i>H. pylori</i> infection	<ul style="list-style-type: none"> ▶ <i>L. reuteri protectis</i> DSM 17938 (BioGaia)
Supports remission of ulcerative colitis	<ul style="list-style-type: none"> ▶ VSL#3 (a product with 8 strains)
Management of irritable bowel syndrome (IBS) symptoms	<ul style="list-style-type: none"> ▶ <i>B. longum infantis</i> 35624 (Align) ▶ <i>B. lactis</i> DN-173 010 (Activia)
Improved periodontal health (emerging benefit)	<ul style="list-style-type: none"> ▶ <i>L. reuteri prodentis</i> (ATCC 55730 & ATCC PTA 5289) (PerioBalance lozenges)
Reduced duration and severity of upper respiratory infection (common cold)	<ul style="list-style-type: none"> ▶ <i>L. plantarum</i> HEAL9 & <i>L. paracasei</i> 8700:2 (UltraFlora Cold Support)
Improved vaginal health	<ul style="list-style-type: none"> ▶ <i>L. rhamnosus</i> GR-1 & <i>L. reuteri</i> RC-14 (Ultra-Flora Women's)

**Lactobacillus* is denoted by *L.*
Bifidobacterium is denoted by *B.*

Adapted from "The Clinical Guide to Probiotic Supplements Available in Canada," 2015 Edition, developed by the Alliance for Education on Probiotics (AEP).

Note: Some strains will have a scientific strain designation different from the marketing name. For example, Align has a marketing designation of 'Bifantis' but its scientific name is *B. longum infantis* 35624.

◀ Strain Smarts

These probiotic strains have shown promise in clinical studies. In addition to these, a recent meta-analysis suggested probiotics may have a role in easing seasonal allergy symptoms but no single strain was identified. Preliminary research has also suggested probiotics may benefit some people with anxiety and mood disorders but it's far too early to suggest a strain. Note that no probiotic health claims have been submitted to FDA for approval.

Here's why: 20 ppm is a proportion. It's the same as 20 milligrams in one kilogram or 2.2 pounds of food, says Tricia Thompson, MS, RD, a dietitian who specializes in celiac disease and the founder of the gluten-free food testing service, Gluten-Free Watchdog. "If you eat one ounce of a food that contains just under 20 ppm, you're eating about 0.5 milligrams of gluten. And you'd have to eat the entire ounce to get that much gluten," stresses Thompson. "It's easy to eat an ounce (or more) of cereal, bread or pasta. But typically, we don't eat probiotics in ounces."

How can you be sure your probiotic is gluten-free? Seek out gluten-free labeled probiotics (that goes for all other supplements, too). Certified gluten-free ingredients can be used in production and finished probiotics can be tested using accredited labs and methods to ensure that levels remain below the gluten-free labeling limit, says George Paraskevatos, executive director of the International Probiotics Association (IPA).

To avoid concerns about gluten in your probiotic supplement, Thompson recommends sticking with gluten-free food sources of probiotics (fermented foods with live cultures). But consumers can also contact the supplement manufacturer and ask the following question: *Are any of the bacterial strains in your probiotic supplement grown on a gluten-containing media like wheat or barley?*

"Sometimes gluten-containing grains are used in the growth media. If the answer to this question is yes, the safest bet is to choose another probiotic," Thompson says.

If consumers are really interested, they can dig in and ask the manufacturer about testing protocols. These protocols should include a competitive ELISA, which is used to detect the type of gluten contamination that might show up in a probiotic, says Thompson. However, probiotics are difficult to test and manufacturers must make sure that results from ELISA testing are neither false positives nor false negatives by deactivating bacteria and enzymes in the supplement prior to testing, she says.



Fermented foods like kefir, yogurt, miso, raw kimchi, raw sauerkraut and sourdough can contain beneficial probiotic bacteria.

Probiotics for Celiac Disease

A lot of us with celiac disease take probiotics. Although no single strain has been specifically recommended for celiac, research hints that *Bifidobacterium infantis* may help reduce some celiac symptoms and *Bifidobacterium breve* may reduce inflammatory markers in celiac children.

"When there are unresolved GI issues—bloating, abdominal discomfort, occasional constipation or diarrhea—I expect a probiotic to help control these symptoms," says celiac expert Stefano Guandalini, MD, founder and medical director of The University of Chicago Celiac Disease Center. Some of his favorite probiotics are those supported by clinical studies: **VSL#3**, **Culturelle** and **Align**.

Other GF Probiotics

American Health

(no corn, lactose, soy)
americanhealthus.com

Country Life

(no dairy)
countrylifevitamins.com

Enzymedica

(no corn, dairy, egg, nut, yeast)
enzymedica.com

Garden of Life

(no dairy, soy)
gardenoflife.com

Nature's Way

(vegetarian)
naturesway.com

UAS Laboratories

(no corn, dairy, soy)
uaslabs.com

Not every product sold by every company listed is gluten-free or allergy-friendly. Read labels carefully. When in doubt, confirm ingredients directly with the manufacturer.

Consult a knowledgeable dietitian or physician about supplements and proper dosages. Health editor Christine Boyd lives in Baltimore.

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GlutenEase & GlutenEase Extra Strength are not intended
for treatment of celiac disease.



GF Flour Replacements

Use this chart as a guide to help select replacement gluten-free flours for all your baking. If you can't tolerate a certain flour or you've run out, find another flour in the same column (not row) and use it as a substitute. While not identical, the flours in each column have comparable baking characteristics and serve a similar function in building the structure in a particular recipe.

Neutral (light) Flours	High-Protein Flours	High-Fiber Flours	Stabilizers (add texture and moisture)	Starches	Gums
Brown Rice Flour	Amaranth Flour	Amaranth Flour	Almond Flour	Arrowroot Powder	Agar Powder
Corn Flour	Buckwheat Flour	Buckwheat Flour	Coconut Flour	Cornstarch	Carrageenan
Sorghum Flour	Chickpea Flour	Chickpea Flour	Flax Seed Meal	Kudzu Root Starch or Kuzu	Gelatin Powder
Sweet Rice Flour	Millet Flour	Corn Flour	Ground Chia Seed	Potato Starch (not Potato Flour)	Guar Gum
White Rice Flour	Oat Flour	Mesquite Flour	Oat Bran	Sweet Potato Flour	Locust Bean Gum
	Quinoa Flour	Oat Flour	Potato Flour (not Potato Starch)	Tapioca Starch or Tapioca Flour	Psyllium Husk
	Sorghum Flour	Quinoa Flour			Xanthan Gum
	Teff Flour	Teff Flour			

Adapted from *Gluten-Free Makeovers* by Beth Hillson. Available from Da Capo Press, a member of The Perseus Books Group. Copyright © 2011. Used with permission.



Here is a simple overview of the gluten-free diet. Not all areas of the diet are as clear-cut as portrayed by this guide. This is intended to be used as a temporary survival tool until additional information can be obtained. Understanding these dietary requirements will enable the newly diagnosed to read labels of food products and determine if a product is gluten free.

Celiac disease is a life-long genetic disorder affecting children and adults. When people with celiac disease eat foods that contain gluten, it creates an immune-mediated toxic reaction that causes damage to the small intestine. This does not allow food to be properly absorbed. Even small amounts of gluten in foods may affect those with celiac disease and cause health problems. Damage can occur to the small bowel even in the absence of symptoms.

Gluten is the generic name for certain types of proteins contained in wheat, barley, rye and their derivatives.

Research indicates that pure, uncontaminated oats consumed in moderation (up to ½ cup dry oats daily) are tolerated by most celiacs. Gluten-free oats are currently available in the United States. Consult your physician or dietitian before including oats in your diet and for regular monitoring.

➔ Grains **allowed**

Rice, Corn (Maize), Soy, Potato, Tapioca, Beans, Garfava, Sorghum, Quinoa, Millet, Buckwheat, Arrowroot, Amaranth, Teff, Montina, Flax and Nut Flours.

➔ Grains **not allowed in any form**

Wheat (Einkorn, Durum, Faro, Graham, Kamut, Semolina, Spelt), Rye, Barley and Triticale.

➔ Foods/products that **may contain gluten**

Beers, Ales, Lager
Breeding & Coating Mixes
Brown Rice Syrup
Communion Wafers
Croutons
Dressings
Drugs & Over-the-Counter Medications
Energy Bars
Flour & Cereal Products
Herbal Supplements
Imitation Bacon
Imitation Seafood

Marinades
Nutritional Supplements
Pastas
Processed Luncheon Meats
Sauces, Gravies
Self-basting Poultry
Soup Bases
Soy Sauce and Soy Sauce Solids
Stuffings, Dressings
Thickeners (Roux)
Vitamins & Mineral Supplements

➔ How about **alcohol?**

Distilled alcoholic beverages and vinegars (**except** malt vinegar) are gluten free. Distilled products do not contain any harmful gluten peptides. Wine and hard liquor beverages are gluten free. Unless labeled otherwise, beers, ales and lagers are **NOT** gluten free.

Always read the label

The key to understanding the gluten-free diet is to become a good label reader. Don't eat foods with labels that list questionable ingredients unless you can verify they do not contain or are not derived from prohibited grains. Labels must be read every time foods are purchased. Manufacturers can change ingredients at any time. Wheat used in products is identified on the label. As of August 2014, products bearing "gluten free" on the package must contain less than 20ppm gluten.

Be a food detective

Call First

You can verify ingredients by calling or e-mailing a food manufacturer and specifying the ingredient and the lot number of the food in question. State your needs clearly—be patient, persistent and polite.

If In Doubt, Go Without

Don't eat a food if you are unable to verify the ingredients or if the ingredient list is unavailable. Regardless of the amount eaten, if you have celiac disease, damage to the small intestine occurs every time gluten is consumed, whether symptoms are present or not.

Wheat Free Is Not Gluten Free

Products labeled wheat free are not necessarily gluten free. They may still contain spelt, rye or barley-based ingredients that are not gluten free. Spelt is a form of wheat.

Keep in mind

Starting the gluten-free diet before being tested for celiac disease makes an accurate diagnosis difficult.

The magazine with the answers

Gluten Free & More
GutenFreeandMore.com

- recipes, recipes, recipes
- expert advice
- latest research



Celiac Disease Foundation
20350 Ventura Blvd., Ste 240
Woodland Hills, CA 91364
818-716-1513 celiac.org

Celiac Support Association
PO Box 31700
Omaha, NE 68131-0700
877-272-4272 csaceliacs.info

Gluten Intolerance Group
31214 124th Ave. SE
Auburn, WA 98092
253-833-6655 gluten.net

National Foundation for Celiac Awareness
PO Box 544
Ambler, PA 19002-0544
215-325-1306 celiaccentral.org

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VISIT GLUTENFREEANDMORE.COM TO PURCHASE WALLET-SIZED GLUTEN-FREE DINING CARDS.

A casein-free diet has been found to be beneficial for a number of people for a variety of reasons. A gluten-free and casein-free (GF/CF) diet has provided positive results for many people diagnosed with an autism spectrum disorder, such as autism, Asperger's syndrome, atypical autism and pervasive developmental disorder.

Currently, there are no double-blind studies proving the efficacy of the GF/CF diet in autism spectrum disorders. Several open studies conducted in Europe and the United States do provide strong positive data. There is also voluminous anecdotal evidence on the efficacy of the dietary approach. When removing dairy from the diet, it is vital that adequate calcium and vitamin D be added in the form of fortified milk substitutes or acceptable vitamin and mineral supplements. Guidance from a qualified physician or nutritionist is strongly advised.

➡ Foods that contain casein

Milk, Cream, Half & Half
Yogurt
Sour Cream
Cheese
Butter
Sherbet
White Chocolate and Milk Chocolate
Ice Cream
Ice Milk
Creamed Soups and Vegetables
Soup Bases
Puddings, Custard
Whey

➡ **Bovines and you** All bovine milk and milk products contain casein.

➡ Foods that may contain casein

Margarine
Tuna Fish
Cosmetics, Medicines
Lactic Acid
Artificial Flavorings
Semisweet Chocolate
Hot Dogs
Lunch Meats
Sausage
Ghee

➡ Dairy free may contain casein

Many non-dairy foods contain casein proteins. Avoid foods that contain any ingredient with casein or caseinate.

➡ Casein-free alternatives

Rice, Soy, Hemp, Coconut and
Potato-Based Milks
Pareve Creams and Creamers
Sorbet
Italian Ices
Ghee (if guaranteed casein free)
Coconut Butter
Coconut Milk

Kosher is good

Kosher pareve foods are casein free. Foods certified as kosher non-dairy or pareve are free of dairy proteins.

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The GFCF Diet Support Group
P.O. Box 1692
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gfcfdiet.com



• **Be a food detective** • **Always read labels** • **If in doubt, go without** •
Call food companies if ingredients are suspect.

©2015 Note: This guide is not meant to be an exhaustive resource.

VISIT GLUTENFREEANDMORE.COM TO PURCHASE CASEIN-FREE DINING CARDS.

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Substitution Solutions



Video Instructions

For step-by-step flour blend instructions, go to GlutenFreeandMore.com/flourblend

Milk

Depending on the recipe, replace 1 cup cow's milk with 1 of the following:

- 1 cup rice milk
- 1 cup fruit juice
- 1 cup coconut milk
- 1 cup goat's milk, if tolerated
- 1 cup hemp milk

Buttermilk

Depending on the recipe, replace 1 cup buttermilk with 1 of the following:

- 1 cup soy milk + 1 tablespoon lemon juice or 1 tablespoon cider vinegar (Let stand until slightly thickened.)
- 1 cup coconut milk
- $\frac{7}{8}$ cup rice milk
- $\frac{7}{8}$ cup fruit juice
- $\frac{7}{8}$ cup water

Yogurt

Depending on the recipe, replace 1 cup yogurt with 1 of the following:

- 1 cup soy, rice or coconut yogurt
- 1 cup unsweetened applesauce
- 1 cup fruit puree

Butter

(1 stick = 8 tablespoons = $\frac{1}{2}$ cup = 4 ounces)

Depending on the recipe, replace 8 tablespoons butter with 1 of the following:

- 8 tablespoons Earth Balance (Non-Dairy) Buttery Spread or Sticks
- 8 tablespoons Spectrum Organic Shortening
- 8 tablespoons coconut oil
- 8 tablespoons vegetable or olive oil

For reduced fat:

- 6 tablespoons unsweetened applesauce + 2 tablespoons fat of choice

Gluten-Free Flour Substitutions

To make a flour blend, thoroughly combine all ingredients. You can double or triple these recipes to make as much blend as you need. Store in a covered container in the refrigerator until used.

All-Purpose Flour Blend

MAKES 3 CUPS

Depending on the recipe, use this blend for most gluten-free baking.

- 1½ cups white or brown rice flour (or combination)
- $\frac{3}{4}$ cup tapioca starch/flour
- $\frac{3}{4}$ cup cornstarch or potato starch (not potato flour)

Each cup contains 436 calories, 1g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 99g carbohydrate, 3mg sodium, 2g fiber, 5g protein.

Self-Rising Flour Blend

MAKES 3 CUPS

Use this blend for muffins, scones, cakes, cupcakes or any recipe that uses baking powder for leavening.

- 1¼ cups sorghum flour
- 1 cup white or brown rice flour (or combination)
- $\frac{3}{4}$ cup tapioca starch/flour
- 4 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt

Each cup contains 514 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 113g carbohydrate, 1163mg sodium, 8g fiber, 10g protein.

High-Fiber Flour Blend

MAKES 3 CUPS

This high-fiber blend works for breads, pancakes, snack bars and cookies that contain chocolate, warm spices, raisins or other fruits. It is not suited to delicately flavored recipes, such as sugar cookies, crepes, cream puffs, birthday cakes or cupcakes.

- 1 cup brown rice flour or sorghum flour
- $\frac{1}{2}$ cup teff flour (preferably light)
- $\frac{1}{2}$ cup millet flour or amaranth flour
- $\frac{2}{3}$ cup tapioca starch/flour
- $\frac{1}{3}$ cup cornstarch or potato starch

Each cup contains 428 calories, 2g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 92g carbohydrate, 19mg sodium, 5g fiber, 8g protein.

High-Protein Flour Blend

MAKES 3 CUPS

This nutritious blend works best in baked goods that require elasticity, such as wraps and pie crusts.

- 1 cup white or brown rice flour (or combination)
- $\frac{3}{4}$ cup bean flour or chickpea flour
- $\frac{3}{4}$ cup arrowroot starch, cornstarch or potato starch
- $\frac{1}{2}$ cup tapioca starch/flour

Each cup contains 588 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 128g carbohydrate, 24mg sodium, 6g fiber, 11g protein.

General Guidelines for Using Xanthan or Guar Gum

Gum (xanthan or guar) is the key to successful gluten-free baking. It provides the binding needed to give the baked product proper elasticity, keeping it from crumbling.

- Add $\frac{1}{2}$ teaspoon xanthan or guar gum per cup of flour blend to make cakes, cookies, bars, muffins and other quick breads.
- Add 1 teaspoon per cup of flour blend to make yeast bread or other baked items that call for yeast.
- Add $\frac{1}{2}$ teaspoons per cup of flour blend to make pizza dough or pie crust.

Note: If you purchase a commercial flour blend, read the ingredient list carefully. Some blends contain salt and xanthan or guar gum. If so, there is no need to add more.

Nutritional analyses of recipes are based on data supplied by the U.S. Department of Agriculture and certain food companies. Nutrient amounts are approximate due to variances in product brands, manufacturing and actual preparation.

Eggs

Depending on the recipe, replace 1 large egg with 1 of the following:

- ➔ **Flax or Chia Gel:** 1 tablespoon flax meal, chia seed or salba seed + 3 tablespoons hot water. (Let stand, stirring occasionally, about 10 minutes or until thickened. Use without straining.)
- ➔ **Egg Replacer:** Ener-G Foods egg replacer, according to package directions
- ➔ **Tofu:** 4 tablespoons pureed silken tofu + 1 teaspoon baking powder
- ➔ **Applesauce:** 4 tablespoons unsweetened applesauce (or other fruit puree) + 1 teaspoon baking powder

IMPORTANT! Replacing more than two eggs can change the integrity of a recipe. For recipes that call for a lot of eggs, like a quiche, use pureed silken tofu, if soy is tolerated. Because egg substitutions add moisture, you may have to increase baking times slightly.

Nuts

Depending on the recipe, replace tree nuts or peanuts with an equal amount of 1 of the following:

Toasted coconut flakes, Sunflower seeds, Toasted sesame seeds (use only 2 to 3 tablespoons), Crushed cornflakes, Crushed crispy rice cereal, Crushed potato chips **OR** Pumpkin seeds

recipe index

& Allergen Guide

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Key to Icons

Icons (or colors) identify recipes that are most appropriate for certain eating goals.

■ **Gluten-Free** All recipes in this magazine are gluten-free.

■ **Dairy-Free**

* Dairy-Free substitutions provided.

■ **Egg-Free**

* Egg-Free substitution instructions provided.

■ **No Peanuts, No Nuts**

* Nuts can be omitted or substitutions provided.

■ **Soy-Free**

* Soy-Free substitutions provided.

■ **Low Sugar**

Recipe contains 5g of sugar or less per serving.

■ **Low Sodium**

Recipe contains 140mg of sodium or less per serving.

IMPORTANT: Read the labels of all processed foods that go into your recipe, such as broths, condiments, sausages, chocolate chips, etc., to make sure they do not contain any allergen you need to avoid.

Manufacturers can change their ingredients without warning. When in doubt, contact the manufacturer directly.

For a list of companies that offer gluten-free, allergy-friendly ingredients used in these recipes, refer to the Shopping List included in the article.



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The Museum of Tradition

How neatly we diagram Thanksgiving:
 a turkey trussed, stuffing, cranberries
 lusting in their sauce. Two types of potato.
 One, only ever one, type of pie.
 On this wall, Lincoln's holiday proclamation;
 Roosevelt's amendment below.
 Below that, our hall of presidential shame—
 the Texan guilty of loving gazpacho,
 the fanatics for mac n' cheese,
 one who requested Georgia possum,
 one who reached for monkey bread instead—
 each time, a stern note typed
 on Museum of Tradition letterhead,
 because this will not do. This is not what
 our forefathers envisioned. Though
 thanks to our latest data on venison (aplenty),
 berries (bitter), shoe buckles (scarce),
 and Wampanoag relations (fraught),
 well—that section is under construction.
 You may have noticed everything is half off
 in the gift shop. You may realize
 we're the only ones in the building.
 The Museum of Tradition, it turns out,
 charges too much at the door.
 But since you came all the way out here—
 there's a potluck down the street
 with games, and music. We hear
 everyone is eating exactly what they want.
 None of the plates match.
 Apparently, they're having a great time.
 They might make it an annual thing.



Sandra Beasley is the author of three collections of poetry and Don't Kill the Birthday Girl: Tales from an Allergic Life (Crown). She lives in Washington, DC.

Introducing
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Märzen is the beer traditionally brewed in March; the "Märzenbier" style originates from Bavaria, Germany. In order for a beer to last thru the summer, the amount of barley malt in the recipe was doubled. This addition created a higher taste intensity and body taste. The beer then reached the Oktoberfest with an exceptional taste after the extreme maturation conditions.

Daura Märzen, available in 6-packs at your local retailer.

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*Product fermented from grains containing gluten and crafted to remove gluten.
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beer

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